Breakfast Bars

Try these tasty bars for breakfast or for a snack!

Level: Easy

Serves 16

Ingredients:
- 6 tablespoons margarine
- 3 cups miniature marshmallows
- 1/2 cup peanut butter
- 1/2 cup nonfat dry milk
- 1/4 teaspoon cinnamon
- 1 cup raisins
- 4 cups ready-to-eat oat cereal circles

Directions:

Remember to wash your hands!

1. Spray a square pan, 9”x9”x2”-pan with cooking spray.
2. In microwave, melt margarine in a large microwave-safe bowl at high power for 45 seconds to 1 minute, or until melted.
3. Stir in peanut butter and marshmallows.
4. Microwave on high power for 1 to 1 1/2 minutes, or until mixture is melted. Stir until smooth.
5. Add dry milk, cinnamon, raisins and cereal; stir until evenly coated.
6. With buttered hands, pat mixture into pan.
7. Cool thoroughly and cut into squares.

Helpful Hints:

Breakfast has been proven to be the most important meal of the day, and this tasty bar features four different food groups! The dry milk adds a secret nutritional ingredient— calcium, to help make strong bones. These bars are easy to make, make great snacks, and they pack well.

Safety Tip: If young hands find the mixture too warm to press out, try slipping plastic bags over their hands before pressing the mixture. The ingredients won’t stick, and the mixture can be pressed while still warm.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 1 bar (45g)</th>
<th>Servings Per Container 16 bars</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong> 190</td>
<td><strong>Calories from Fat 70%</strong></td>
</tr>
<tr>
<td><strong>% Daily Values</strong></td>
<td></td>
</tr>
<tr>
<td>Total Fat 8g</td>
<td>13%</td>
</tr>
<tr>
<td>Saturated Fat 1.5g</td>
<td>9%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 180mg</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate 25g</td>
<td>8%</td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>6%</td>
</tr>
<tr>
<td>Sugars 16g</td>
<td></td>
</tr>
<tr>
<td>Protein 0g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A 10%</td>
<td>Vitamin C 6%</td>
</tr>
<tr>
<td>Calcium 10%</td>
<td>Iron 10%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. *

Total Fat
- Less than 6g
- Less than 2g
- Less than 1g
- Less than 0g

Saturated Fat
- Less than 2g
- Less than 1g
- Less than 0g

Cholesterol
- Less than 300mg
- Less than 100mg
- Less than 50mg

Sodium
- Less than 2,400mg
- Less than 400mg
- Less than 200mg

Total Carbohydrate
- 30g
- 15g
- 10g

Dietary Fiber
- 25g
- 15g
- 10g

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

© K-STATE RESEARCH & EXTENSION

FAMILY NUTRITION PROGRAM

This institution is an equal opportunity employer. This material was funded by USDA’s Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.