

Breakfast Bars

Try these tasty bars for breakfast or for a snack!



Serves 16

Kids' Tool Kit

- 9X9-inch pan
- Large mixing bowl
- Measuring cups
- Measuring spoons
- Rubber spatula
- Wooden spoon
- Knife



Chef's Choice

- Breakfast Bars
- Apple slices
- Milk

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.

Nutrition Facts

Serving Size 1 bar (45g)
Servings Per Container 16 bars

Amount Per Serving
Calories 190 Calories from Fat 70
% Daily Value*

Total Fat 8g	13%
Saturated Fat 1.5g	9%
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	6%
Sugars 16g	
Protein 6g	

Vitamin A 10% • Vitamin C 6%
Calcium 10% • Iron 10%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g



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.

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.