

Chewy Oatmeal Bars

Nutritious and delicious says it all!

 Level: Medium

Makes: 16

Kids' Tool Kit

Large mixing bowl
Measuring cups
Measuring spoons
Cooking spray
8x8-inch baking pan
Wooden spoon
Knife



Ingredients:

2 ¼ cups quick oats or long-cooking oats
½ cup flour
½ teaspoon baking soda
½ teaspoon vanilla extract
5 tablespoons margarine, softened
¼ cup honey
¼ cup brown sugar
1 cup raisins



Directions:

Remember to wash your hands!

1. Preheat oven to 325 degrees. Lightly coat an 8x8-inch pan with cooking spray.
2. In a large mixing bowl, combine all ingredients. Stir until well blended.
3. Press mixture into pan and bake 18 to 22 minutes or until golden brown.
4. Cool 10 minutes, then cut into bars. Let bars cool in pan before serving.

Chef's Choice

Chewy Oatmeal Bars
Apple slices
Low fat milk

Nutrition Facts

Serving Size 1 bar (39g)
Servings Per Container 16

Amount Per Serving	
Calories 150	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	4%
Cholesterol 0mg	0%
Sodium 85mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Sugars 15g	
Protein 2g	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 6%

*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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Helpful Hints: If your family does not like raisins, use any combination of dates, cranberries, miniature chocolate chips, sunflower seeds, chopped nuts or butterscotch chips. You can easily double this recipe using a 9x13-inch baking pan. Doubling a recipe brings school right into the kitchen - let kids do the math! Tightly wrap the cut bars and send along in backpacks for a quick energy snack.



Safety Tip: Remember to use dry hot pads when removing the pan from the oven. This recipe suggests letting the bars cool 10 minutes in the pan and then cutting them into 2x2-inch squares. Leave the bars in the pan to cool completely before serving or storing. Hungry kids at snack time will have a hard time waiting because they smell so good!

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