Trail Mix Bars

28 bars

Ingredients:

3 cups crispy rice cereal

3 cups toasted oat cereal

1 1/2 cups raisins (or other dried fruit)

1/2 cup sunflower seeds

1 cup honey

3/4 cup sugar

1 jar chunky peanut butter (16 ounces)

1 teaspoon vanilla

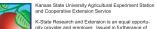
Directions:

- 1. Combine dry ingredients in bowl.
- 2. Combine honey and sugar in pan and bring to a boil.
- 3. Add peanut butter and vanilla, stir until peanut butter melts.
- 4. Pour mixture over cereal and mix well.
- 5. Press into a 13x9" pan and cool.

Nutrit Serving Size 1/2 Servings Per Cor	8		
Amount Per Serv	ing		
Calories 225		Calories f	rom Fat
		% Dail	y Value
Total Fat 11g			,
Saturated Fa	t 2g		
Trans Fat			
Cholesterol 0mg			
Sodium 133mg			
Total Carbohydra	te 30a		
Dietary Fiber			
Sugars 22g	-9		
Protein 49g			
1 Totoli 1 Tog			
Vitamin A 29mcg	١ ١	/itamin C	1m
Calcium 24mg	ı	ron	2m
*Percent Daily Value diet.Your daily values on your calorie need	s may be high s: Calories:	2,000	depending 2,500
Total Fat Saturated Fat	Less than Less than	65g 20a	80g 25a
Cholesterol	Less than	20g 300mg	300mg
Sodium	Less than	2,400mg	2,400m
Total Carbohydrate		300a	375a

Recipe from:

https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/ trail-mix-bars



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This material was funded by USDA's Supplemental Nutrition This interial was unided by Osbas Supplemental volution.

Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689

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Total Fat 11g				
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Dietary Fiber				
	29			
Sugars 22g				
Protein 49g				
Vitamin A 29mcg	١ ١	/itamin C	1mg	
Calcium 24mg	II.	ron	2mg	
*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 Sodium	Less than Less than	300mg 2,400mg	300mg 2,400mg	
Total Carbohydrate	ress man	300g	2,400mg 375g	
Dietary Fiber		25g	30g	
Calories per gram: Fat 9 · Ca	rbohvdrate 4	Proteir	1.4	



Recipe from:

trail-mix-bars



https://whatscooking.fns.usda.gov/recipes/sup-

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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