

Better-than-store-bought Bars

Makes 6 servings

Ingredients

- ½ cup creamy peanut butter
- ¼ cup honey
- ½ teaspoon ground cinnamon
- 3 cups toasted whole-grain oat cereal

Directions

1. Line an 8-by-8-inch baking pan with parchment paper. Set aside.
2. In a microwave-safe bowl, combine peanut butter, honey and cinnamon. Stir. Microwave on high in 20-second intervals, stirring in between, until peanut butter is softened and mixture is well-mixed.
3. Place the cereal in a large bowl. Pour peanut butter mixture (made in step 2) over the cereal. Stir until combined.
4. Pour peanut butter-cereal mixture (made in step 3) into the prepared baking pan. Press mixture with a spatula to spread out evenly.
5. Cover and place in the refrigerator to chill for 1 hour.
6. Cut into 6 bars and serve.



TIP

You can also use a loaf pan or muffin tin for this recipe.

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Nutrition Facts

Serving Size 1/6 of pan (51g)

Servings Per Container 6

Amount Per Serving

Calories 230 **Calories from Fat 110**

% Daily Value*

Total Fat 12g **18%**

 Saturated Fat 2g **10%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 230mg **10%**

Total Carbohydrate 27g **9%**

 Dietary Fiber 3g **12%**

 Sugars 14g

Protein 7g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 2%

*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

Recipe contains: wheat, nuts

Carb choices per serving: 2