

Power Bites

A backpack snack!

Makes: 18 bars

Ingredients:

- 1/2 cup brown sugar
- 1/3 cup applesauce
- 1 egg
- 1 teaspoon vanilla
- 3/4 cup grated carrots
- 1 cup whole wheat flour
- 1 teaspoon baking powder
- 1/2 cup oats (quick or old fashioned)
- 1/4 cup chopped pecans, optional
- 1 teaspoon cinnamon
- 1/2 cup raisins

Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees F. and lightly coat 9x9-inch pan with cooking spray.
2. In a large bowl, combine brown sugar, applesauce, egg, vanilla and carrots.
3. Add remaining ingredients and mix well.
4. Pour mixture into prepared pan.
5. Bake 20 to 25 minutes or until golden brown around edges. Let cool and cut into bars.

Nutrition Facts: One bar provides 90 calories, 2g total fat, 10mg cholesterol, 35mg sodium, 17g total carbohydrate

Produced by the Family Nutrition Program within Family and Consumer Sciences, Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity employer and provider. This material was funded by USDA's Food Stamp Program through a contract 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.

K-STATE RESEARCH AND EXTENSION
FAMILY NUTRITION PROGRAM



Chef's Choice

Power Bites
Fresh apple
Bottle of water

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