

Power Bites

A backpack snack!



Level: Medium

Makes: 18 bars

Kids' Tool Kit

Large mixing bowl
Measuring cups
Measuring spoons
9x9-inch pan
Cooking spray
Grater
Wooden spoon
Knife

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



Chef's Choice

Power Bites
Fresh apple
Bottle of water



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.



Helpful Hints: Power Bites are low in fat and high in healthy ingredients. There's fruit - applesauce and raisins; vegetables - carrots; and whole grains - oatmeal and whole wheat. Individually wrap Power Bites to take on a hike for energy along the way.

Nutrition Facts

Serving Size 1 bar (34g)
Servings Per Container 18

Amount Per Serving

Calories 90 Calories from Fat 15

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Cholesterol 10mg 4%

Sodium 35mg 1%

Total Carbohydrate 17g 6%

Dietary Fiber 2g 6%

Sugars 7g

Protein 2g

Vitamin A 10% • Vitamin C 0%

Calcium 2% • Iron 4%

*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



Safety Tips in the Kitchen: Just as important as washing your hands before cooking is cleaning the countertops. The best way to sanitize the kitchen counter is to put 1 teaspoon bleach in a quart spray bottle of water. Spray the counter, wipe with a paper towel and then throw the towel away. Change the water in the spray bottle daily.

Grating carrots is a fun cooking experience for kids, but it can also be a real "knuckle-scraper." Adult supervision and "how-to" instructions are important for kids.

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.