

Peanut Butter Granola

Lots of flavor, lots of crunch!

16 servings

Ingredients:

- 4 tablespoons margarine
- 3 cups miniature marshmallows
- 1/2 cup peanut butter
- 1 cup raisins, optional
- 4 cups toasted oat cereal

Directions:

1. In a large bowl, microwave margarine and marshmallows for 1 to 2 minutes or until melted (or melt in a saucepan on the stovetop).
2. Stir in peanut butter until melted.
3. Stir in raisins and cereal until evenly coated.
4. Spread mixture on wax paper to cool.
5. Break apart and store in air-tight container or plastic bag.

Nutrition Facts: One-half cup serving provides 160 calories, 7g total fat, 0mg cholesterol, 120mg sodium, 22g total carbohydrate

This material was funded by USDA's Supplemental Nutrition 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.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Peanut Butter Granola
Apple slices
Low fat milk

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