

## 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*

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



### Chef's Choice

Power Bites  
Fresh apple  
Bottle of water

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