



Kids' Tool Kit

Measuring cups

Cooking spray

Wooden spoon

Chef's Choice

Chewy Oatmeal

Low fat milk

8x8-inch baking

Measuring spoons

Large

mixing

bowl

Knife

Bars Apple slices

Chewy Oatmeal Bars

Nutritious and delicious says it all!

Level: Medium

Ingredients:

- 2 1/4 cups quick oats or long-cooking oats
- ½ cup flour
- ½ teaspoon baking soda
- ½ teaspoon vanilla extract
- 5 tablespoons margarine, softened
- 1/4 cup honey
- 1/4 cup brown sugar
- 1 cup raisins



Makes: 16



Directions:

Remember to wash your hands!

- 1. Preheat oven to 325 degrees. Lightly coat an 8x8-inch pan with cooking spray.
- 2. In a large mixing bowl, combine all ingredients. Stir until well blended.
- 3. Press mixture into pan and bake 18 to 22 minutes or until golden
- 4. Cool 10 minutes, then cut into bars. Let bars cool in pan before

serving.

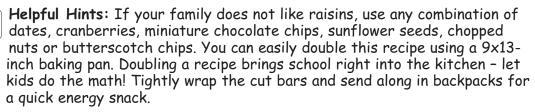
Nutrition Facts Serving Size 1 bar (39g) Servings Per Container 16

Amount Per Servi	ng	
Calories 150	Calories from	Fat 40
	% Dail	y Value*
Total Fat 4.5g		7%
Saturated Fat 0.5g		4%
Cholesterol 0mg		0%
Sodium 85mg		3%
Total Carbohydrate 26g		9%
Dietary Fiber 2g		7%
Sugars 15g		

Protein 2g Vitamin A 4% Vitamin C 0% Calcium 2% Iron 6%

Percent Daily Values are based on a 2,000

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4





Safety Tip: Remember to use dry hot pads when removing the pan from the oven. This recipe suggests letting the bars cool 10 minutes in the pan and then cutting them into 2x2-inch squares. Leave the bars in the pan to cool completely before serving or storing. Hungry kids at snack time will have a hard time waiting because they smell so good!

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.