

Breakfast Bars

Try these tasty bars for breakfast or for a snack!

Level: Easy

Serves 16

Kids' Tool Kit

9X9-inch pan
Large mixing bowl
Measuring cups
Measuring spoons
Rubber spatula
Wooden spoon
Knife



Ingredients:

- 6 tablespoons margarine
- 3 cups miniature marshmallows
- 1/2 cup peanut butter
- 1/2 cup nonfat dry milk
- 1/4 teaspoon cinnamon
- 1 cup raisins
- 4 cups ready-to-eat oat cereal circles



Directions:

Remember to wash your hands!

1. Spray a square pan, 9"x9"x2"-pan with cooking spray.
2. In microwave, melt margarine in a large microwave-safe bowl at high power for 45 seconds to 1 minute, or until melted.
3. Stir in peanut butter and marshmallows.
4. Microwave on high power for 1 to 1 1/2 minutes, or until mixture is melted. Stir until smooth.
5. Add dry milk, cinnamon, raisins and cereal; stir until evenly coated.
6. With buttered hands, pat mixture into pan.
7. Cool thoroughly and cut into squares.

Chef's Choice

Breakfast Bars
Apple slices
Milk

Nutrition Facts

Serving Size 1 bar (45g)	
Servings Per Container 16 bars	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 1.5g	9%
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	6%
Sugars 16g	
Protein 6g	
Vitamin A 10%	Vitamin C 6%
Calcium 10%	Iron 10%
*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



Helpful Hints: Breakfast has been proven to be the most important meal of the day, and this tasty bar features four different food groups! The dry milk adds a secret nutritional ingredient— calcium, to help make strong bones. These bars are easy to make, make great snacks, and they pack well.



Safety Tip: If young hands find the mixture too warm to press out, try slipping plastic bags over their hands before pressing the mixture. The ingredients won't stick, and the mixture can be pressed while still warm.

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.