

Peanut Butter Granola

Lots of flavor, lots of crunch!

Level: Easy

Serves: 16, 1/2 cup each

Kids' Tool Kit

Mixing bowl
Knife
Measuring cups
Spoon
Wax paper

Ingredients:

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



Directions:

Remember to wash your hands!

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.

Chef's Choice

Peanut Butter
Granola
Apple slices
Low fat milk



Helpful Hints: Use fresh marshmallows in this recipe for best results. Set the microwave timer for 1 minute and stir to see if marshmallows are beginning to melt. You can always cook it longer, but always check to see after the shortest recommended time.

Smooth or chunky peanut butter is fine.



Safety Tips: Show kids which bowls are safe to use in the microwave. Use hot pads when removing bowl from microwave because the mixture is hot.

Nutrition Facts

Serving Size 1/2 cup (37g)
Servings Per Container 16

Amount Per Serving
Calories 160 Calories from Fat 70

% Daily Value*

Total Fat 7g 11%

Saturated Fat 1.5g 7%

Cholesterol 0mg 0%

Sodium 120mg 5%

Total Carbohydrate 22g 7%

Dietary Fiber 1g 5%

Sugars 12g

Protein 3g

Vitamin A 6% • Vitamin C 4%

Calcium 2% • Iron 15%

*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

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.