



Mineral Bars

Prep time: 15 minutes | **Cooking time:** 30 minutes | **Number of servings:** 24

¾ cup creamy peanut butter
 ½ cup + 2 tablespoons honey
 2 cups Skillet Granola (see back)
 1 cup old fashioned oatmeal
 ½ cup chopped dried apricots
 ½ cup sunflower seeds
 ¼ cup chopped walnuts
 2 eggs, lightly beaten
 2 cups crispy rice cereal
 Vegetable oil cooking spray

Directions

1. Preheat the oven to 350° F. Spray a 9" × 13" baking pan with vegetable spray.
2. In a medium saucepan over low heat, melt peanut butter and honey. Let cool.
3. In a large bowl, mix granola, oatmeal, apricots, sunflower seeds, and walnuts.
4. Stir in peanut butter and honey mixture. Evenly coat all ingredients. Slowly mix in eggs. Stir in rice cereal.
5. Press mixture into prepared pan and bake for 15 to 20 minutes or until golden brown.
6. Let cool. Cut into bars (about 2" × 2") and enjoy.



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Nutrition Facts (Serving size 1 bar): Calories-180; Protein-5g; Carbohydrate-22g; Total Fat-9g; Saturated Fat-1g; Cholesterol-15mg; Fiber-2g; Sodium-50mg; Vitamin C-2%; Vitamin A-2%; Iron-10%; Calcium-2%

Adapted from Washington State University Extension Food Sense, Junior Chef II Curriculum



Nutrition Facts (Serving size ½ cup): Calories-260; Protein-5g; Carbohydrate-41g; Total Fat-10g; Saturated Fat-1g; Cholesterol-0mg; Fiber-4g; Sodium-65mg; Vitamin C-0%; Vitamin A-0%; Iron-10%; Calcium-2%

Adapted from Washington State University Extension Food Sense, Junior Chef II Curriculum

Food Sense Tip

- Dried fruits are concentrated sources of sugars. Sweets and desserts made with them are great once in a while, but not every day.

1. In a large saucepan mix together oil, salt, brown sugar and water. Cook over medium heat until brown sugar is dissolved.
2. Add oatmeal and mix until well coated. Stir gently until oatmeal is lightly brown.
3. Stir in raisins.
4. Cool and store in a large jar with a tight fitting lid.



Directions

Prep time: 10 minutes | Cooking time: 10 minutes | Number of servings: 10

- ¾ cup vegetable oil
- ¼ teaspoon salt
- ½ cup brown sugar
- 3 tablespoons water
- 4 cups quick cooking oatmeal, dry
- 1 cup raisins

Skillet Granola



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