

Trail Mix Bars

28 bars

Ingredients:

- 3 cups crispy rice cereal
- 3 cups toasted oat cereal
- 1 1/2 cups raisins (or other dried fruit)
- 1/2 cup sunflower seeds
- 1 cup honey
- 3/4 cup sugar
- 1 jar chunky peanut butter (16 ounces)
- 1 teaspoon vanilla

Directions:

1. Combine dry ingredients in bowl.
2. Combine honey and sugar in pan and bring to a boil.
3. Add peanut butter and vanilla, stir until peanut butter melts.
4. Pour mixture over cereal and mix well.
5. Press into a 13x9" pan and cool.



Nutrition Facts	
Serving Size 1/28	
Servings Per Container 28	
Amount Per Serving	
Calories 225	Calories from Fat
% Daily Value *	
Total Fat 11g	
Saturated Fat 2g	
Trans Fat	
Cholesterol 0mg	
Sodium 133mg	
Total Carbohydrate 30g	
Dietary Fiber 2g	
Sugars 22g	
Protein 49g	
Vitamin A 29mcg	Vitamin C 1mg
Calcium 24mg	Iron 2mg
*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

Recipe from:

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/trail-mix-bars>

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It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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