



Granola Bars

Handout 2

Serving Size: 1 bar
Yield: 24 servings

Ingredients:

- 1 cup honey
- 1 cup peanut butter
- 3 1/2 cups rolled oats
- 1/2 cup raisins
- 1/2 cup grated carrots
- 1/2 cup coconut

Instructions:

1. Preheat oven to 350 degrees.
2. Peel and grate the carrots.
3. Put the honey and peanut butter in a large saucepan. Cook on low heat until they melt.
4. Remove the pan from the heat. Turn off the burner.
5. Add oatmeal, raisins, carrots and coconut to the saucepan. Stir well, and let it cool until you can safely touch it with your hands.
6. Put the mix in the baking pan.
7. Press the mix firmly into the bottom of the pan.
8. Bake for 25 minutes.
9. Cut into 24 bars.

Cost:

Per Recipe: \$5.73
Per Serving: \$0.24

Source:

Adapted from:
Pennsylvania Nutrition Education Network
Website Recipes
The Pennsylvania Nutrition Education Program

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Nutrition Facts	
Serving Size 1 bar, 1/24 of recipe (43g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 15g	
Protein 4g	
Vitamin A 8%	Vitamin C 0%
Calcium 2%	Iron 4%
*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 20 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