



Recipe of the Month - June 2017

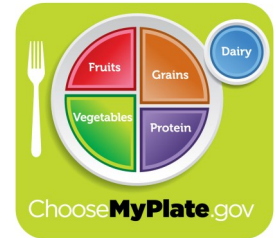
Chewy Granola Bars

Serves 24

Serving Size: 1 bar

Ingredients:

- 2 cups quick cooking oats
- 2 cups crispy rice cereal
- 20 mini pretzels, crushed
- 3/4 cup pancake syrup
- 1/2 cup peanut butter
- 1 teaspoon vanilla extract



Make MyPlate Your Plate

Directions:

1. Combine oats, cereal, and crushed pretzels in a large bowl. Set aside.
2. Pour pancake syrup into a microwave safe bowl and heat in the microwave for 1 minute. Stir in peanut butter until combined. Microwave for 1 minute more. Stir in vanilla.
3. Pour syrup mixture over oat mixture. Stir until completely coated.
4. Spray a 9x13 - inch pan with cooking spray and pour mixture into pan. Press mixture firmly into the pan using wax paper or the back of a spoon.
5. Allow mixture to cool completely to room temperature. Cut into bars and enjoy!

Tips:

- Add in 1/2 cup dried fruit, nuts, chocolate chips, or coconut to fit your taste.
- Bake in a 300°F oven for 20 minutes for a crunchier granola bar.
- Wash hands well when making meals or snacks that will not be cooked.

NUTRITION FACTS PER SERVING: 100 calories, 3.5g total fat (0.5 g sat. fat), 0mg cholesterol, 85mg sodium, 15g carbohydrates, 1g fiber, 3g sugar, 2g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2017 Nutrition & Fitness Calendar*