



Homemade Chewy Granola Bars

- ½ cup dry roasted peanuts (lightly salted)
- ½ cup roasted, shelled sunflower seeds
- ½ cup raisins, other dried fruit or chocolate chips
- 2 cups uncooked oatmeal (old fashioned or quick cooking)
- 2 cups toasted rice cereal
- ¼ cup wheat germ
- ½ cup peanut butter, either crunchy or creamy
- ½ cup packed brown sugar
- ½ cup corn syrup or honey
- 1 teaspoon vanilla

Method: In a large bowl, mix the peanuts, sunflower seeds, raisins, oatmeal, rice cereal, and wheat germ. Set aside.

In a medium microwavable bowl, combine the peanut butter, brown sugar and corn syrup. Microwave on high for 2 minutes or until bubbly. Add vanilla and stir until blended.

Pour the peanut butter mixture over the dry ingredients. Stir until well coated. Spray a 9 x 13 pan with cooking spray. Firmly press mixture into the pan. It helps to coat your fingers with oil or cooking spray. Let stand for 1 hour before cutting. Cut in 24 pieces. Nutrition info. per serving using raisins: 150 calories, 6 gm total fat, 1 gm sat. fat, 70 mg. sodium, 22 gm carbs, 2 gm fiber, and 4 gm protein. Recipe from Nancy Clark's Sports Nutrition Guidebook, 4th Ed.



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