



Walk Kansas for Kids!

K-STATE
Research and Extension

Great for a Snack, Too!

Breakfast Bars

Makes:

16 servings

Ingredients:

6 tablespoons
margarine

3 cups miniature
marshmallows

½ cup peanut butter

½ cup nonfat dry milk

¼ teaspoon cinnamon

1 cup raisins

4 cups ready-to-eat oat cereal circles

Directions:

1. Spray a square pan, 9 inches by 9 inches by 2 inches, with cooking spray.



2. In microwave, melt margarine in a large microwave-safe bowl at high power for 45 seconds to 1 minute, or until melted.
3. Stir in peanut butter and marshmallows.
4. Microwave for 1 to 1½ minutes on high power, or until mixture is melted. Stir until smooth.
5. Add dry milk, cinnamon, raisins and cereal; stir until evenly coated.
6. With buttered hands, pat mixture into pan.
7. Cool thoroughly and cut into squares.

Nutrition Facts:

One bar provides 180 Calories, 80 Calories from Fat, 9 g Total Fat, 1.5 g Saturated Fat, 1 g Trans. Fat, 140 mg Sodium, 23 g Total Carbohydrates, 2 g Dietary Fiber, 15 g Sugar, 4 g Protein, 6% Calcium, 15% Iron

Recipe from *Kids-a-Cookin'*

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