No-Bake Breakfast Bar

- 3 large shredded wheat biscuits or 1 to 2 cups of any other cereal (granola, cornflakes, oat circles, etc.)
- 1 cup peanut butter
- ½ cup nonfat dry milk powder (optional)
- ¼ cup honey or maple syrup
- ½ cup nuts or raisins (optional)

Crush the cereal. Mix all ingredients together. Press the mixture firmly into an 8 × 8-inch pan. Cut into squares to serve. Makes 12 servings.

Source: University of Missouri Extension Family Nutrition Education Programs

Makes 12 servings.
Recipe card instructions:
For best results, print two-sided cards on heavyweight paper, such as card stock. Select the “flip on short edge” print setting to ensure the back side of the card isn’t upside down. Cut out each card along dashed lines.

No-Bake Breakfast Bar

Notes:
- Children can help with this recipe by crushing the cereal or measuring the dry ingredients.
- Adding the nonfat dry milk powder adds protein, calcium and vitamin D.