



No-Bake Breakfast Bar

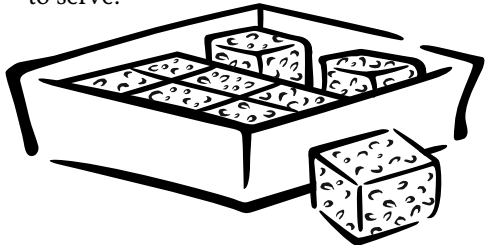
Servings: 12

Ingredients:

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

Directions:

1. Wash hands and surfaces.
2. Crush the shredded wheat biscuits or cereal.
3. Mix all the ingredients together.
4. Press the mixture firmly into an 8-by-8-inch pan. Cut into squares to serve.



No Bake Breakfast Bar

Nutrition Facts

Amount Per Serving

Calories 170 **Calories from Fat** 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **8%**

Sugars 7g

Protein 6g

Vitamin A 0% Vitamin C 0%

Calcium 2% Iron 2%

Tips:

- Power up with this no-bake breakfast bar for breakfast.

☺ Let your children help prepare this recipe. They can crush the shredded wheat biscuits or measure the dry ingredients.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

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