

# Granola Bars

Yield 24 servings

## Ingredients

1 cup	honey
1 cup	peanut butter
3 1/2 cups	rolled oats
1/2 cup	raisins
1/2 cup	carrot (grated)
1/2 cup	coconut

## Instructions

1. Preheat oven to 350 degrees.
2. Peel and grate the carrots.
3. Put the honey and peanut butter in a large saucepan. Cook on low heat until they melt.
4. Remove the pan from the heat. Turn off the burner.
5. Add oatmeal, raisins, carrots, and coconut to the saucepan. Stir well, and let it cool until you can safely touch it with your hands.
6. Put the mix in the baking pan.
7. Press the mix firmly into the bottom of the pan.
8. Bake for 25 minutes.
9. Cut into 24 bars.

## Cost

Per recipe: \$6.88

Per serving: \$0.28

## Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network  
Website Recipes

Nutrition Facts	
Serving Size 1 bar, 1/24 of recipe (43g)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 15g	
Protein 4g	
Vitamin A 8%	• Vitamin C 0%
Calcium 0%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	