

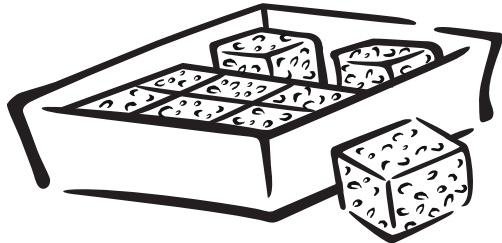


No-Bake Breakfast Bar

Servings: 12

- 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)

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.



Nutrition Facts

12 servings per container

Serving size 1 2x2 1/2 inch
square (36g)

Amount per serving

Calories 170

% Daily Value*

Total Fat 11g 14%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 105mg 5%

Total Carbohydrate 17g 6%

Dietary Fiber 2g 7%

Total Sugars 8g

Includes 7g Added Sugars 14%

Protein 6g

Vitamin D 0mcg 0%

Calcium 13mg 2%

Iron 1mg 6%

Potassium 193mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- Power up with this no-bake 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.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance