

chewy Granola Bars

*You can make your own
nutrition-packed version
of this popular snack!*

- 2 cups crisp rice cereal
- 2 cups dry oatmeal
- ½ cup raisins
OR other dried fruit

For a variation, add:

- ½ cup sunflower seeds
OR peanuts, chopped

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- ½ cup brown sugar, firmly packed
 - ½ cup light corn syrup
 - ½ cup peanut butter
 - 1 tsp vanilla
 - No-stick cooking spray

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- 1** **Combine** cereal, oats, raisins and sunflower seeds in a large bowl.

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- 2** **Mix** brown sugar and corn syrup in a small pan. Heat and stir until boiling. Remove from heat. Stir in peanut butter and vanilla.

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- 3** **Pour** over cereal mixture and mix well.

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- 4** **Press** firmly into a 9x13-inch pan that has been sprayed with no-stick cooking spray.

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- 5** **Cool** and cut into bars. Store in an airtight container.

