

Honey Crisp Energy Bars

The more nuts and fruits you add, the more wholesome it becomes

Ingredients:

- ¼ cup canola oil
- ¼ cup honey
- 5 ounces marshmallows
- 2 cups uncooked oatmeal
- 2 cups toasted rice cereal, such as Rice Krispies
- ½ teaspoon salt (optional)

Optional: 1 cup chopped almonds or other nuts, 1 cup dried fruit of your choice (raisins, craisins, chopped apricots, dried blueberries, dried cranberries, etc.)

Directions:

In a large saucepan, combine the oil, honey and marshmallows and heat over medium-low heat. Stir constantly until the marshmallows are melted.

Mix in the oats and toasted rice cereal and other optional ingredients, as desired. Mix well.

Pour into a greased 8x8 pan. Using greased hands or spatula, spread the mixture evenly into the pan.

When mixture has cooled, cut into 10 bars or squares.

Nutrition Facts	
Serving Size 1 bar (50g)	
Servings Per Container 10	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 34g	11%
Dietary Fiber 2g	8%
Sugars 15g	
Protein 3g	
Vitamin A 2%	• Vitamin C 6%
Calcium 0%	• Iron 15%
*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	

*Nutritional information based on recipe without any optional ingredients.