

Peanut Butter Cranberry Zoom Zoom Bars

Dry Ingredients:

- 1 ½ cups rolled oats
- ½ cup sunflower seeds
- ½ cup pumpkin seeds
- ½ cup dried coconut flakes
- ½ cup dried cranberries
- ½ cup crispy brown rice cereal
- ½ teaspoon salt (optional)

Wet Ingredients:

- ½ cup brown rice syrup
- 2 tablespoons honey
- 2 tablespoons molasses
- 1 tablespoon butter
- 1 cup peanut butter (or other nut butter)

Directions:

Preheat oven to 350°F. Spread the oats, sunflower and pumpkin seeds on a baking sheet and toast in the oven for 10 minutes shaking every few minutes so they toast evenly. Add the coconut to the pan and toast for another 2-3 minutes until the coconut just turns golden (watch closely!). Remove the baking sheet when the nuts and coconut are fragrant. Let cool slightly and place in a large bowl. Add cranberries and brown rice cereal and toss together. Place all wet ingredients in a saucepan over medium heat. Bring to a low simmer and stir constantly until an even consistency is achieved. Stir the thick wet ingredients into the dry and combine until evenly mixed. Plop onto a greased cookie sheet or one lined with parchment paper and press the mixture with moist hands into a ½" thick square about 12" x 12". Let cool completely. Pop into the refrigerator to hasten this. Cut into 2" x 3" squares and wrap in waxed paper or plastic wrap to keep bars from drying out.

Makes 24 bars.

Nutrition Facts

Serving Size 1 bar (38g)
Servings Per Container 24

Amount Per Serving

Calories 170 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 125mg **5%**

Total Carbohydrate 19g **6%**

Dietary Fiber 2g **8%**

Sugars 10g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • 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

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Source: <http://www.cookusinterruptus.com/peanut-butter-cranberry-zoom-zoom-bars-4136-305.html>