


Peanut Butter Cereal Bars

 Cooking time: 5 minutes

HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: 1 ounce meat/meat alternate, 1 ounce equivalent grains

NSLP: 1 ounce meat/meat alternate, 1 ounce equivalent grains

SFSP: 1 ounce meat/meat alternate, 1 ounce equivalent grains

Ingredients	16 Servings		32 Servings	
	Weight	Measure	Weight	Measure
Honey	5.5 ounces	½ cup	11 ounces	1 cup
Peanut butter	9 ounces	1 cup	1 pound 2 ounces	2 cups
Crispy rice cereal	2 ounces	2 cups	4 ounces	1 quart
Quick oats, dry	6.25 ounces	2 cups	12.5 ounces	1 quart
Raisins	5 ounces	1 cup	10 ounces	2 cups



Directions

1. Lightly spray a pan with pan-release spray. For 16 servings use an 8-inch square pan. For 32 servings use a half-size 2-inch steamtable pan.
2. In a saucepan bring honey to a boil. Reduce heat to low and stir in peanut butter.
3. In a large mixing bowl combine the crispy rice cereal, oats, and raisins. Pour the honey and peanut butter mixture over the dry ingredients. Mix well and transfer to the prepared pan. Press the mixture into the pan so it is compact and even. When cool, cut into bars.
4. Store in an airtight container for up to a week.

Serving	Yield	Volume
1/16 or 1/32 of the pan (1.8 ounces)	16 servings, about 1 pound 12 ounces 32 servings, about 3 pounds 8 ounces	16 servings, 8-inch square pan 32 servings, half-size 2-inch pan

Nutrients Per Serving					
Calories	206	Sodium	101 mg	Vitamin A	134 IU
Total Fat	8.7 g	Carbohydrate	29 g	Vitamin C	2 mg
Saturated Fat	1.7 g	Dietary Fiber	2 g	Iron	2 mg
Cholesterol	0 mg	Protein	6 g	Calcium	19 mg