



CHEFS *ON THE* LOOSE



# ENERGY BARS

## WHAT YOU WILL NEED

Mixing Bowls  
Small Sauce Pan  
Cookie Sheet Pan  
Measuring Cup & Spoons

## INGREDIENTS

2 cups puffed wheat or rice cereal  
1 1/2 cups old fashioned oats  
1/2 cup raisins , or dried fruit blend  
1/2 cup dried coconut  
1/2 cup butter or vegetable oil  
1/2 cup honey or corn syrup if desired  
1 teaspoon cinnamon  
1/2 cup brown sugar, packed

## OPTIONAL MIX-INS

peanuts, sunflower seeds, almonds,  
flax seeds, dates, chocolate chips,  
mini marshmallows, dried bananas

## CHEF'S ON THE LOOSE "ENERGY" BARS makes 12 bars

### DIRECTIONS:

1. Measure the oatmeal, cereal, coconut and fruits into a large bowl.
2. Mix the butter, honey, cinnamon and brown sugar together in a small sauce pan and heat until butter is melted.
3. Pour over the cereal mixture and combine well with your hands.
4. Press flat on a sheet pan and chill in the refrigerator until firm enough to cut in bars.
5. For extra crunch, bake in a 350 degree oven for 12-15 minutes. Cool and cut .



### SERVING SUGGESTIONS

1. Serve energy bar for breakfast with a bowl of fruit and glass of low-fat milk
2. Pack in your child's lunch box for an easy afternoon snack
3. Serve with a spoonful of frozen yogurt for a healthy after dinner snack

Each bar: 230 Calories, 9 grams Fat, 2 grams Protein, 36 grams Carbohydrates



This recipe is courtesy of FLIPANY, a 501(c)3 non-profit providing free and affordable nutrition and fitness education programs for low income children and their families. For information on our programs and services, please call (954) 636-2388 or visit [www.FLIPANY.org](http://www.FLIPANY.org)

