

Trail Mix Bars

Makes: 28 servings



Ingredients

- 3 cups crispy rice cereal
- 3 cups toasted oat cereal
- 1 ½ cups raisins
- ½ cup no-salt sunflower seeds
- 1 cup honey
- ¾ cup sugar
- 16 oz. chunky peanut butter
- 1 tsp. vanilla

Directions

1. Combine dry ingredients in a bowl.
2. Combine honey and sugar in a pan and bring to a boil.
3. Add the peanut butter and vanilla. Stir until the peanut butter melts.
4. Pour the mixture over the cereal and mix well.
5. Press into a 13x9-inch pan and cool.

Nutritional information for 1 serving

Calories	225
Total fat	10 g
Saturated fat	2 g
Cholesterol	0 mg
Sodium	106 mg
Carbohydrate	31 g
Dietary fiber	2 g
Total sugars	23 g
Added sugars included	16 g
Protein	5 g