

# EAT SMART. PLAY HARD. Together

## Cereal Bars



16 servings

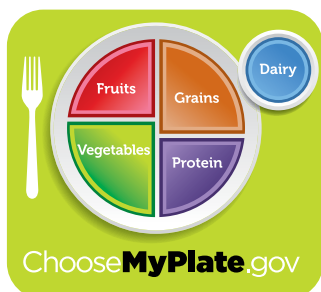
**3 c. whole-wheat cereal**      **1 c. raisins**  
**1 c. low-fat peanut butter**      **¼ c. almonds**  
**½ c. honey**

1. In a bowl, mix together cereal, raisins and almonds.
2. In another bowl, mix together peanut butter and honey.
3. Add dry ingredients to peanut butter/honey mixture. Mix well.
4. Press into a 9- by 9-inch pan.
5. Cut into 16 squares. Wrap squares individually in plastic wrap for an on-the-go snack.

Per serving: 200 calories, 26 grams (g) carbohydrate, 9 g fat, 7 g protein

Try this  
post-workout  
snack!

Eat Smart. Play Hard. Together. For more information and recipes, visit [www.ndsu.edu/eatsmart](http://www.ndsu.edu/eatsmart).



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