

Trail Mix Bars

INGREDIENTS:

3 c. crispy rice cereal
3 c. toasted oat cereal
1 1/2 c. raisins or dried cranberries
1/2 c. sunflower seeds
1 c. honey
3/4 c. sugar
1 (16-ounce) jar chunky or smooth peanut butter
1 tsp. vanilla

DIRECTIONS:

Combine dry ingredients in bowl. Combine honey and sugar in pan and bring to a boil. Add peanut butter and vanilla; stir until peanut butter melts. Pour mixture over cereal and mix well. Press into a 13- by 9-inch pan and cool.

Cut into 28 pieces and wrap individually in plastic wrap if desired.

NUTRITION:

Each serving has 225 calories, 11 grams (g) fat, 6 g protein, 30 g carbohydrate, 2 g fiber and 133 milligrams sodium.