

Carrot Raisin Granola Bars

From the USDA SNAP-Ed Recipe Finder
<http://recipefinder.nal.usda.gov/recipes/granola-bars>

Ingredients

- 1 cup honey
- 1 cup peanut butter
- 3 ½ cups rolled oats
- ½ cup raisins
- ½ cup carrot (grated)
- ½ cup coconut

Instructions

1. Preheat oven to 350 degrees.
2. Peel and grate carrots.
3. Put honey and peanut butter in large saucepan. Cook on low heat until they melt.
4. Remove the pan from the heat. Turn off the burner.
5. Add oatmeal, raisins, carrots, and coconut to the saucepan. Stir well, and let cool until you can safely touch it with your hands.
6. Put the mix in the baking pan.
7. Press the mix firmly into the bottom of the pan.
8. Bake for 25 minutes.
9. Cut into 24 bars.

Makes 24 servings

Nutrition information per serving:

Calories	160
Carbohydrates	25 g
Dietary Fiber	2 g
Protein	4 g
Total Fat	6 g
Saturated Fat	1.5 g

