



## Oatmeal, Fruit, and Nut Bars

### Ingredients:

- 1 cup brown sugar
- 2/3 cup sugar
- 1/4 cup margarine or butter
- 3 eggs
- 1 tsp. vanilla
- 1 1/4 cup peanut butter
- 4 1/2 cups oatmeal
- 2 tsp. baking soda
- 2 cups total of crasins (dried cranberries), walnuts, pecans, chocolate covered raisins, raisins, chopped dried apricots or chocolate chips (one or a mixture)

### Instructions:

- 1) Cream sugars and margarine/butter; add eggs, and vanilla; blend in peanut butter.
- 2) Stir in oatmeal and baking soda.
- 3) Mix in nuts, dried fruit, and/or chocolate chips.
- 4) Spread in a 15x10 inch baking pan and bake at 350 for 20 - 25 minutes. Don't over bake. If they are browning too quickly, you may want to cover them with foil the last 5 - 10 minutes.

**YIELD: Makes 40 2-inch square bars**

### Getting kids cooking:

- Invite children to choose the types of fruits and nuts to be added to the recipe.
- Have children measure ingredients, especially easier items like sugar and oatmeal.
- If age-appropriate, allow children to hand mix the oatmeal and baking soda together - and to crack eggs. They can also carefully add items to the mixer and finally mix wet and dry ingredients.

### Nutrition Analysis

(Using 3/4 cup crasins (dried cranberries), 1 cup dried apricots, and 1/4 cup walnuts)

Serving Size: 2-inch sq.	Total Carb: 25.3 g
Calories: 183	Dietary Fiber: 2.6 g
Total Fat: 7.3 g	Sodium: 69 mg
Calories from Fat: 35.8%	Protein: 5.7 g
Saturated Fat: 1.9 g	Calcium: 21.5 mg
Trans Fat: 0.0 g	Iron: 1.2 mg

### Source:

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