

# Farm Market

---



## Peanut Energy Bars

### Ingredients:

- ½ cup dry roasted salted peanuts
- ½ cup roasted sunflower seeds, or other chopped nuts
- 2 cups raisins, or other chopped dried fruit
- 2 cups rolled or instant oats
- 2 cups toasted rice cereal, such as Rice Krispies
- ¼ cup toasted wheat germ, (optional)
- ½ cup creamy or crunchy natural peanut butter
- ½ cup packed brown sugar
- ½ cup light corn syrup, or honey
- 1 teaspoon vanilla extract

### Directions:

1. Coat an 9-by-13-inch baking pan with cooking spray.
2. Combine peanuts, sunflower seeds (or other nuts), raisins (or other dried fruit), oats, rice cereal and wheat germ (if using) in a large bowl.
3. Combine peanut butter, brown sugar and corn syrup (or honey) in a large microwaveable bowl; microwave on High until bubbling, 1 to 2 minutes. Add vanilla and stir until blended. Pour the peanut butter mixture over the dry ingredients and stir until coated.
4. Transfer the mixture to the prepared pan. Press down firmly. (It helps to coat your fingers with cooking spray.) Let stand for about 1 hour to harden. Cut into bars.

**Make Ahead Tip:** Individually wrap in plastic and keep at room temperature for up to 1 week or freeze for up to 1 month. Thaw at room temperature.

Per Serving: 260 calories; 8.7 g total fat; 1.3 g saturated fat; 71 mg sodium. 242 mg potassium; 42.7 g carbohydrates; 2.9 g fiber; 27 g sugar; 5.4 g protein; 138 IU vitamin a iu; 3 mg vitamin c; 56 mcg folate; 21 mg calcium; 2 mg iron; 46 mg magnesium; Exchanges: 2 other carbohydrate, 1½ fat

*Recipe from eatingwell.com*