

# POWER BARS



Busy mornings call for a simple, nourishing breakfast, and these homemade bars are just that. They are balanced with whole grains, protein-rich ingredients and natural sweetness. The best part? You can customize the base with your favorite mix-ins or try all three kid-friendly flavor variations: Peanut Butter Banana Chocolate Chip, Apple Cinnamon Raisin and Berry Almond. Quick to prep and freezer-friendly, these bars help fuel your family's day the right way. Begin with the base, add your flavors, and bake!

## Base Ingredients

- 1 cup whole oats
- 1 cup wheat flour (whole wheat or all-purpose)
- 2 tbsp honey
- ½ tsp salt
- ½ tsp baking soda
- 2 eggs
- ¼ cup unsweetened applesauce
- 1 tsp vanilla extract

Try substituting Greek yogurt for applesauce for extra protein



Prep time: **10 minutes**



Cook time: **30 minutes**



Makes **9 bars**

## Flavor Variations

Choose one to flavor a full 8x8 pan of bars. To try all three in one batch, divide the base batter into three equal parts and use one-third of each set of mix-ins.

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## *Peanut Butter Banana Chocolate Chip*

### Ingredients

- ¼ cup natural peanut butter
- 1 ripe banana, mashed
- 3 tbsp mini dark chocolate chips

Each bar provides about 150 calories, 5+ grams of protein and 3 grams of fiber, depending on your mix-ins.



## *Apple Cinnamon Raisin*

### Ingredients

- ½ cup diced apple (peeled or unpeeled)
- 2 tbsp raisins
- 1 tsp ground cinnamon



## *Berry Almond*

### Ingredients

- ½ cup mixed berries (fresh or frozen, lightly patted dry if frozen)
- 2 tbsp sliced almonds
- 1 tsp almond extract (optional)

## Nutrition Facts

servings per container  
**Serving size** (59g)

Amount per serving  
**Calories** **120**

	% Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 5g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 5g	
Vitamin D 0.2mcg	<b>2%</b>
Calcium 30mg	<b>2%</b>
Iron 1.1mg	<b>6%</b>
Potassium 120mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*Additional ingredients from the flavor variations will modify the nutrition facts of the recipe.

## Directions

1. Preheat oven to 350 degrees F.
2. Spray an 8-inch pan with cooking spray or line with parchment paper.
3. Add all ingredients to a bowl and stir well to combine.
4. Pour the mixture into the pan and spread into an even layer.
5. Bake for 25-30 minutes, then cool for at least 10 minutes before cutting into 9 bars.

Store in an airtight container in the refrigerator for up to 7 days or freeze for up to 3 months