

Apple Honey Cereal Bars

Ingredients:

- 3 cup Fiber One Honey Clusters cereal
- ¼ cup roasted sunflower seeds
- ½ cup honey
- ¼ cup packed brown sugar
- 1 cup dried apples, chopped
- ½ tsp. cinnamon
- ½ cup natural creamy peanut butter



Nutrition Facts	
Serving Size 1 bar (74g)	
Servings Per Container 16	
Amount Per Serving	
Calories 260	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 53g	18%
Dietary Fiber 12g	48%
Sugars 20g	
Protein 7g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Directions:

1. Spray 8" square pan with nonstick butter flavored spray.
2. Place cereal in resealable food storage plastic bag; seal bag. Slightly crush with rolling pin.
3. In large bowl, mix cereal and sunflower nuts; set aside.
4. In 3-qt saucepan, heat honey, brown sugar, apples and cinnamon just to boiling over medium-high heat; stirring occasionally. Remove from heat; stir in peanut butter.
5. Pour over cereal mixture; stir gently until evenly coated. Press mixture evenly into pan with back of wooden spoon. Refrigerate about 1 hour or until set. Cut into rows of 4.