

## Ingredients:

- 1 and 1/4 cups rolled oats
- 3/4 cup crispy rice cereal
- 1/4 cup honey
- 1/3 cup peanut butter
- 1/4 tsp salt
- 1/4 tsp vanilla
- 1/3 cup mini chocolate chips
- additional options: 1/4 cup dried cranberries, 3 Tbs chopped peanuts, 3 Tbs sunflower seeds

## Directions:

- In a large bowl mix together the oats, cereal, mini chocolate chips, and additional options
- In a small microwave safe bowl mix the honey and peanut butter. Microwave on high for 15 seconds. Remove from microwave, stir, and heat for another 15 seconds. The mixture should look like syrup
- Pour the honey and peanut butter mixture in the large bowl of dry ingredients and mix well.
- Press firmly into a nonstick 8x8 baking pan. Chill in fridge for at least 1 hour before cutting and serving.



# Featured Food: Peanut Butter



Peanut butter is a great source of all three major nutrients: carbohydrates, fats, and protein. Peanut butter is about 25% protein which makes it a perfect plant based protein source. It makes a tasty addition to toast, oatmeal, smoothies, yogurt, or as a dip for carrots or apples. When choosing peanut butter be sure to limit added sugars and salt.

One tablespoon of peanut butter contains 95 calories, 4 grams of protein, and 3.5 grams of carbohydrates.

For more information, visit [www.ncdhhs.gov/ncwic](http://www.ncdhhs.gov/ncwic)

