



Sweet Cinnamon O's Bars

Ingredients

- ½ cup chunky peanut butter
- ⅓ cup honey
- 1 teaspoon cinnamon
- 3 cups whole grain oat cereal, such as Cheerios™

Directions

1. Line an 8x8 inch pan with plastic wrap, parchment paper, or wax paper so the edges are hanging well over the side of the pan.
2. In a medium saucepan, combine the peanut butter, honey and cinnamon over medium heat. Stir frequently using a wooden spoon until the mixture begins to bubble. Remove from heat.
3. Mix in the Cheerios™, stir lightly until well combined.
4. Pour the mixture into an 8x8 inch pan, spreading out using the wooden spoon.
5. Wrap the extra edges of plastic wrap over the top of the mixture, pressing down lightly until it sticks.
6. Chill in the refrigerator for 2 hours before serving. Keeps in the fridge for 5 days.

Servings: 12 • Serving Size: 1 bar • Total Time: 5 minutes • Cook Time: 2 hours

Chef Tips

1. Offer as a snack, breakfast, or sweet treat
2. Try other cereals such as Multigrain Cheerios™, Rice Krispies®, or Quaker Oatmeal Squares®
3. Double this recipe and use a 9x13 inch pan instead
4. Try adding dried cranberries, coconut flakes, or thinly sliced banana as a topping on the bars

Supplies

- Measuring cups
- Measuring spoons
- Small saucepan
- Wooden spoon
- 8x8 inch square pan
- Wax paper or plastic wrap



1-800-WIC-1007

Nutrition Facts Per Serving: 121 Calories, 6 g Fat, 16 g Carbohydrate, 4 g Protein, 90 mg Sodium