

Tasty Apple and Rice Bars

Serves 8

Size per serving: 1 bar

Ingredients:

2 cups Cereal, Rice Krispies or puffed rice



1 cup Raisins, Calif, seedless, fresh

¾ cup Flour, all purpose, white, bleached, enriched

¼ cup Sugar, brown

2 tsp Spice, cinnamon, ground

2 Tbs Butter, unsalted

½ cup Applesauce, sweetened, unsalted, canned



Directions:

Mix all ingredients in a bowl until well blended. Spray/oil a pan with cooking spray. Press into a 9x9 pan. Bake at 350 degrees for 20-30 minutes until crisp and golden.

Per Serving 320 calories, 12g fat, 0g trans fat, 510mg sodium, 4g fiber, 15g protein, 90% DV (daily value) for vitamin A, 6% DV for vitamin C, 15% DV for calcium and 15% DV for iron.

TREASURE BOX ITEMS=

