

Quick, Wholesome And Delicious Snacks



Fruit and Nut Snack Bars are an easy-to-make treat that contain whole grains.

(NAPSA)—If you're looking for some easy and wholesome snacks to make for your kids, think inside the box—the cereal box.

A number of cereals contain whole grains that are packed with antioxidants, vitamins, minerals and fiber. The grains help keep bodies healthy, help maintain a healthy heart and can even help manage weight.

For instance, parents can keep an eye out for the “Big G” line of General Mills cereals made with whole grains. These favorite cereals have the whole grains you need and are great in a bowl with milk or made into a treat such as Fruit and Nut Snack Bars.

These no-fuss bars require no baking. Start with a snack mix made with Honey Nut Cheerios®, stir in the syrup and press them into a pan. The tasty treat is easy to transport and the bar shape makes this snack ready to grab and go. They're a great addition to lunches, a yummy after-school snack or an easy treat to take to the game to share with family and friends.

Fruit and Nut Snack Bars

Prep Time: 20 Minutes

Start to Finish: 50 Minutes

**Snack Mix
4 cups Honey Nut**

Cheerios® cereal
1 cup dried fruit bits
½ cup shelled sunflower seeds
½ cup dry-roasted peanuts

Syrup

¾ cup packed brown sugar
½ cup corn syrup
¼ cup peanut butter
1 teaspoon vanilla

1. Spray 13x9-inch pan with cooking spray. In large bowl, stir together snack mix ingredients; set aside.

2. In 2-quart saucepan, stir together syrup ingredients except vanilla. Heat to boiling over medium-high heat, stirring constantly. Boil 1 minute. Remove from heat. Stir in vanilla.

3. Pour syrup over snack mix, stirring until evenly coated. Press mixture firmly in pan. Cool completely, about 30 minutes. For bars, cut into 9 rows by 4 rows. Store tightly covered. 36 bars.

1 Bar: Calories 100 (Calories from Fat 30); Total Fat 3g (Saturated Fat 0g); Cholesterol 0mg; Sodium 60mg; Potassium 100mg; Total Carbohydrate 15g (Dietary Fiber 1g); Protein 2g

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For more information, visit www.generalmills.com.