

Recipe for

PEANUT BUTTER CHEERIO BARS

EQUIPMENT NEEDED Microwave, 8x8 baking pan, parchment paper (or plastic wrap),
refrigerator, mixing bowl (x2), mixing spoon, spoon

SERVES 9 ESTIMATED COST \$6.00-\$9.00 COST PER SERVING \$0.75-\$1.00

INGREDIENTS

- 3 cup cheerios
- 1 cup peanut butter (or nut/seed butter of your choice)
- 1 tbsp chia seeds (optional)
- 1 tsp cinnamon, ground

METHOD OF PREPARATION

1. Place the cheerios in a mixing bowl. Set aside.
2. Place the peanut butter in a microwave safe bowl and microwave for 30 second intervals until melted.
3. Pour the peanut butter, chia seeds, and cinnamon into the bowl with the cheerios. Set aside.
4. In an already lined baking pan, add the cheerio mixture. Press the mixture down using the back of a spoon.
5. Chill for 30 minutes. Remove from the refrigerator and cut into serving sizes.
6. Enjoy at once or save in the refrigerator for 1 week.

Recipe for

PEANUT BUTTER CHEERIO BARS

NUTRITION INFORMATION

Nutrition Facts

Serving size: 1 square

Servings: 9

Amount per serving

Calories **202**

% Daily Value*

Total Fat 15.1g 19%

Saturated Fat 3.2g 16%

Cholesterol 0mg 0%

Sodium 178mg 8%

Total Carbohydrate 12.3g 4%

Dietary Fiber 2.7g 10%

Total Sugars 3g

Protein 8.2g

Vitamin D 0mcg 1%

Calcium 34mg 3%

Iron 5mg 30%

Potassium 246mg 5%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

HEALTH BENEFITS

Peanut butter: Peanut butter is a good source of protein, fats, B vitamins, and magnesium. Magnesium has been shown to help reduce headaches and stress. As well, peanut butter contains protein, which is used by the body for protein and hormone synthesis. Try adding peanut butter to a smoothie, oatmeal, or as a snack with toast and banana.



HEALTH BENEFITS

Cinnamon: Cinnamon is a powerful herb with many medicinal properties. It contains cinnamaldehyde, which has been shown to have anti-inflammatory and anti-bacterial properties. Try cinnamon in cereal, on toast, on in yogurt.



References:

1. Recipe provided by Kristin Schaefer

**Maryland University
of Integrative Health**

7750 Montpelier Rd.

Laurel, MD 20723

410-888-9048 | outreach@muih.edu

www.muih.edu