

PEANUT BUTTER BARS

Makes 24 Servings

INGREDIENTS:

- 3½ cups quick-cooking oats (if following a gluten-free diet, look for GF oats)
- ½ cup raisins
- ⅓ cup roasted, salted sunflower seeds
- ⅓ cup semi-sweet mini chocolate chips
- 1 teaspoon baking soda
- ½ teaspoon salt
- 3 large eggs, beaten
- 1¼ cups brown sugar
- ⅓ cup canola oil
- 2 teaspoons pure vanilla extract
- 1 cup creamy peanut butter

DIRECTIONS:

1. Preheat the oven to 350°F. Oil or coat a 9 x 13-inch baking pan with nonstick cooking spray and set aside.
2. Whisk together the oats, raisins, sunflower seeds, chocolate chips, baking soda, and salt in a large bowl until well combined.
3. In a separate bowl, whisk together the eggs, brown sugar, oil, and vanilla until well combined. Whisk in the peanut butter until the mixture is smooth. Pour the liquid ingredients over the dry ingredients, and stir until just moistened.
4. Spread the batter evenly in the prepared pan and bake for 18 minutes, or until a toothpick inserted in the center comes out clean. Transfer the pan to a wire rack and cool 20 to 30 minutes before slicing into 24 bars.

Nutrition Information per Serving (1 bar):

Calories: 210 Fat: 11g Saturated fat: 2g Carbohydrates: 23g Sugar: 13g Sodium: 160mg Fiber: 2g Protein: 6g

Recipe Created by Liz Weiss, MS, RD, co-author, No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms (<http://mealmakeovermoms.com>)

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