**Energy/Granola Bar Recipe**

**Kitchen Unit: \_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_**

**Students:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Directions:** Your job, as a group, is to decide what you want in your energy/granola bar. Circle just one ingredient from each section. Once decided, turn into the teacher for approval. You will be cooking these next class period! ☺

**Choose from the following ingredients:**

1 cup of cereal (circle one)

Cheerios

Corn Flakes

Rice Krispies

Wheaties

1/4 cup of dried fruit (circle one)

Apricots

Craisins

Dates

Raisins

1/4 cup of nuts (circle one)

Almonds

Peanuts

Pecans

Walnuts

1/2 cup of chips (circle one)

Semi-sweet chocolate chips

Milk chocolate chips

Butterscotch chips

No chips at all please

**Other required ingredients included (no need to decide on these)**

1/2 cup oats

1/2 cup brown sugar

1/2 cup honey

1/2 tsp. vanilla

1 cup peanut butter

**NAME OF ENERGY/GRANOLA BAR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Teacher Approval: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Once approved by the teacher, finalize your recipe by filling in the blanks below. You will use this paper when preparing your recipe next class period. Hand this paper back to the teacher before leaving today.

**Ingredients**

1/2 cup brown sugar

1/2 cup honey

1 cup peanut butter

1/2 tsp. vanilla

1 cup cereal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1/2 cup oats

1/4 cup dried fruit: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1/4 cup nuts: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1/2 cup chips: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8x8 square foil pan

Wax paper

Aluminum foil

**Directions**

1. In a saucepan on low heat (about a 2-3) mix together the brown sugar, honey, and peanut butter. If you cook it on a high heat, it will burn and you will ruin your creation! Stir with a wooden spoon.
2. Once the peanut butter mixture is smooth and mixed together, take it off the heat and add the vanilla. Stir with the wooden spoon.
3. In a large metal mixing bowl, mix together the cereal, oats, dried fruit, nuts and chips.
4. Add the smooth peanut butter mixture to the large metal bowl. Stir with a wooden spoon until all of the ingredient are well blended together.
5. Pour the mixture into the square 8x8 foil pan provided by the teacher. Press flat with the wooden spoon.
6. Take your wax paper and place on top of the pan. Press firmly the ingredients to flatten securely in place.
7. Using a permanent marker, label your aluminum foil with your class period and kitchen unit number. Place aluminum tightly on top of the pan.
8. Give to teacher to be placed in the refrigerator.

**No eating today, but you will soon eat them! ☺**