

Jr. Chef Club II
Fueling Physical Activity
Lesson 2

Mineral Bars

Makes 2 dozen bars

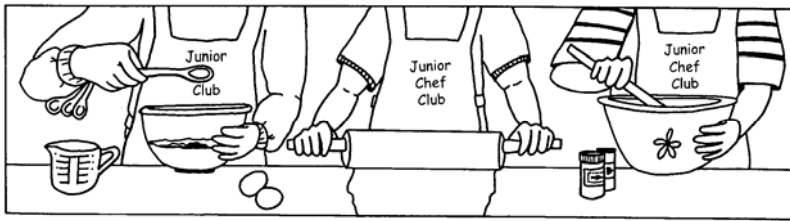
Have all students work together. Take turns measuring and stirring. If allergies are a problem, substitute another recipe for this one.

Ingredients:

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|---|-------------------------------------|
| $\frac{3}{4}$ cup creamy peanut butter | $\frac{1}{2}$ cup sunflower seeds |
| $\frac{1}{2}$ cup + 2 Tbsp honey | $\frac{1}{4}$ cups walnuts, chopped |
| 2 cups granola | $\frac{1}{4}$ cup unsalted soy nuts |
| 1 cups old fashioned oatmeal | 2 eggs lightly beaten |
| $\frac{1}{2}$ cup raisins | 2 cups crispy rice cereal |
| $\frac{1}{2}$ cup dried apricots, chopped | |

Directions:

1. Preheat the oven to 325°F. Preheat oven. Turn dial on right to set temperature. Turn dial on left to set timer—must turn on timer for oven to come on. Use 1 metal cookie sheet.
2. Grease baking pan.
3. In a saucepan over low heat, melt peanut butter and honey. Let cool.
4. In a large bowl mix granola, oatmeal, raisins, apricots, sunflower seeds, walnuts, and soy nuts.
5. Stir in peanut butter and honey mixture. Evenly coat all ingredients.
6. Slowly mix in eggs. Make sure the students wash their hands and change gloves after touching raw eggs.
7. Stir in rice cereal.
8. Press mixture into prepared pan and bake for 20-30 minutes. The convection oven is fast. After 15 minutes, watch carefully. Make sure to cut enough pieces for each student to get one plus a couple extra in case of mishaps.
9. Let cool, cut into bars and enjoy.



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