

Honey-Peanut Cereal Bars

Ingredients:

1/2 cup sugar

1/2 cup honey or light corn syrup

1/2 cup peanut butter

3 cups Cheerios™ or Tasty O's cereal

1/2 cup salted peanuts (unsalted is optional)

Nutrition Information:

Calories: 70, Calories from Fat: 25, High-Fat Meat: 1/2, Potassium: 50 mg, Sodium: 50 mg, Total Carbohydrate: 10 g, Total Fat: 3 g, Monounsaturated Fat: 1 1/2 g, Polyunsaturated Fat: 1 g, Protein: 2 g, Saturated Fat: 1/2 g, Sugars: 7 g

Directions

1. Butter 9-inch square pan. In 3-quart saucepan, heat sugar and honey just to boiling over medium heat, stirring occasionally. Remove from heat.
2. Stir in peanut butter until smooth. Stir in cereal and peanuts until evenly coated.
3. Press evenly in pan, using buttered back of spoon. Cool 1 hour. For squares, cut into 6 rows by 6 rows. Store loosely covered.