

# Whole Wheat Cereal Bars

## Ingredients:

**1/2 C Brown Sugar**

**1/2 C Honey**

**1/2 C Peanut Butter**

**3 C coarsely chopped shredded  
whole wheat cereal biscuits**

**3/4 C raisins**

**\*\*\*Optional**

**1/2 C shredded coconut**

**1/2C walnuts or crushed peanuts**

## Directions:

- 1. Combine brown sugar, honey and peanut butter in a microwave safe glass or ceramic bowl. Melt the peanut butter mixture in the microwave 30 seconds in intervals, stirring after each melting, for 1-2 minutes.**
- 2. Stir in cereal and raisins.**
- 3. Press cereal mixture into and 8x8 square pan sprayed with non-stick cooking spray.**
- 4. Cool and cut into bars.**

