SHOPPING LIST

Fruit and Nut Bar

- ◯ Almonds
- ◯ Walnuts
- ◯ Sunflower Seeds
- ◯ Pumpkin Seeds
- ◯ Raisins
- ◯ Old Fashioned Oats
- ◯ Crisp Rice Cereal
- ◯ Shredded Coconut
- ◯ Sesame Seeds
- ◯ Almond Butter
- ◯ Honey
- ◯ Vanilla Extract

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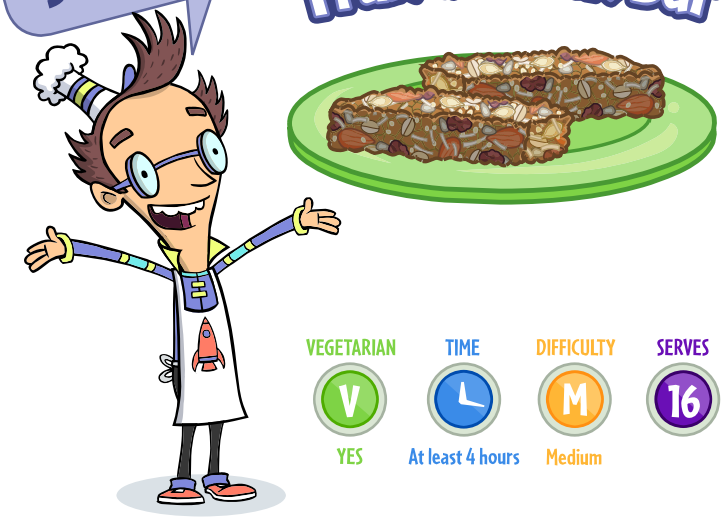
Professor Fizzy presents

SNACKS

PBS KIDS GO!

FIZZY'S LUNCH LAB

Fruit and Nut Bar



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	16
YES	At least 4 hours	Medium	

YOU WILL NEED

- ¼ **cup** toasted almonds, salted or unsalted
- ¼ **cup** toasted walnuts, unsalted
- **1 tablespoon** toasted sunflower seeds
- **1 tablespoon** toasted pumpkin seeds
- ¾ **cup** raisins (or dried cranberries, apricots, plums, etc)
- ¾ **cup** old fashioned oats
- ½ **cup plus 2 tablespoons** crisp rice cereal
- **2 tablespoons** unsweetened shredded coconut, lightly toasted
- **1 tablespoon** toasted sesame seeds
- ½ **cup** almond butter
- ¼ **cup plus 2 tablespoons** honey
- ½ **teaspoon** vanilla extract

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

Clean hands are the best tools for mixing the almond butter mixture into the nuts. The mixture will get very sticky, so wetting your hands with cold water will make mixing easier.

STEP 1: Cut an 18 inch piece of aluminum foil and fit it into the center of an 8 x 8 inch pan, so that it overhangs equally on parallel sides, working it into the corners and sides so that it adheres as much as possible. (Alternatively, spray the pan with nonstick cooking spray.)

STEP 2: Place the almonds, walnuts, sunflower seeds, pumpkin seeds, raisins, oats, rice cereal, coconut, and sesame seeds in a large bowl and mix to combine. Place the almond butter, honey, and vanilla in a small microwavable bowl and microwave until heated throughout, 30 to 60 seconds, and stir until combined. Pour the warm almond butter mixture over the nut mixture and mix until well combined.

STEP 3: Place the mixture into the prepared pan and pat down as hard as you can in order to make the bars dense. Use the overhanging aluminum foil to cover the mixture. Refrigerate at least 4 hours and up to five days. Remove by lifting up the aluminum foil. Cut the sheet in half, then cut each half into eighths. The bars should be about 4 inches by 1 inch. After cutting, store in an airtight container in the refrigerator.

Nutrition Facts

Serving Size 1 bar (34g)
Servings Per Container 16

Amount Per Serving	
Calories 150	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 3g	

Vitamin A 0% • Vitamin C 2%
Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4