

# Total Nutrition<sup>®</sup>

## Breakfast To Go

by *Mindy Hermann, R.D.*

(NAPSA)—Are you short on time when it comes to eating breakfast? Many people say that they don't have enough minutes in the morning for the first meal of the day, particularly a well-balanced one complete with at least one food made with whole grains. Try this make-ahead breakfast bar that you can enjoy at home or on the go.

### On-the-Go Apple Breakfast Bars (Makes 12 bars)

- 1½ cups dried apples, finely chopped
- ½ cup chopped pecans
- 3 cups Whole Grain Total<sup>®</sup> cereal
- ⅓ cup honey
- ¼ cup golden raisins
- 1 tablespoon packed brown sugar
- ⅓ cup peanut butter
- ¼ cup apple butter
- ½ teaspoon ground cinnamon
- ½ cup old-fashioned or quick-cooking oats
- ¼ cup dry-roasted sunflower nuts

1. Line bottom and sides of 8-inch square pan with foil; spray foil with cooking spray. Sprinkle ½ cup of the apples and ¼ cup of the pecans over bottom of pan. Place cereal in resealable food-storage plastic bag; seal bag and coarsely crush with rolling pin or meat mallet. Set aside.

2. In 4-quart Dutch oven, heat ½ cup of the apples, the honey, raisins and brown



sugar to boiling over medium-high heat, stirring occasionally. Reduce heat to medium. Cook uncovered about 1 minute, stirring constantly, until hot and bubbly; remove from heat.

3. Stir peanut butter into cooked mixture until melted. Stir in apple butter and cinnamon. Stir in oats and sunflower nuts until well mixed. Stir in crushed cereal.

4. Press mixture very firmly (or bars will crumble) and evenly onto apples and pecans in pan. Sprinkle with remaining ½ cup apples and ¼ cup pecans; press lightly into bars. Refrigerate about 2 hours or until set. For bars, cut into 4 rows by 3 rows. Store covered in refrigerator.

Nutrition Information: 1 Bar: Calories 230 (Calories from Fat 80); Total Fat 9g (Saturated Fat 1g); Cholesterol 0mg; Sodium 120mg; Potassium 220mg; Total Carbohydrate 34g (Dietary Fiber 3g); Protein 4g. % Daily Value: Vitamin A 4%; Vitamin C 15%; Calcium 35%; Iron 40%

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