



PREPARATION: **15** MINUTES

COOKING: **25** MINUTES

MAKES **18** BARS

PEANUT SNACK BARS

INGREDIENTS

1 cup peanut butter

1 cup honey

¼ cup canola oil

1 cup minute oats

1 cup Fiber 1 cereal®

1 cup white flour

¼ cup ground flaxseed

½ cup pecan, unsalted, roughly chopped

Nutrient Analysis

PER SERVING:

1 snack bar

RENAL EXCHANGE:

1 Protein + 2 Starch

Calories	270Kcal
Protein	6g
Carbohydrates	32g
Fibre	3.8g
Total Fat	15g
Saturated Fat	2g
Cholesterol	0mg
Sodium	81mg
Potassium	160mg
Phosphorus	114mg

PREPARATION

- 1** Preheat the oven to 350° F.
- 2** In a saucepan, over medium-high heat, melt butter, honey and oil for 5–7 minutes. Stir with a wooden spoon.
- 3** In a bowl, mix together the oatmeal with the remaining four ingredients.
- 4** Add the oatmeal mixture to the saucepan, stir to combine and pour into a 9"×12" pan.
- 5** Bake in the oven for 20–25 minutes.
- 6** Let cool and cut into 18 bars.