

Protein Bar

This delicious protein bar is a great grab n go item for students of all ages!

Meal Components per Serving:

1.5 oz Whole Grain-Rich Grains
0.5 Meat/Meat Alternate
0.25 cup Fruit

Ingredients **Yield: 24 Servings**

Note: Meal pattern components and nutrients are based on the ingredients listed below. If different ingredients are used, the meal component contribution and nutrients per serving may change.

- 2 cups Coconut, dried, sweetened, shredded
- 12 cups Oats, rolled, quick
- 3 1/4 cups Dried fruit (craisin, raisins, cherries, mixed fruit)
- 1 1/2 cups Sunflower seed butter (or peanut butter)
- 4 oz. Syrup
- 1 cup Cocoa powder, 10-13% fat
- 4 oz. Butter, unsalted, melted (or coconut oil)
- 1 1/2 Tbsp Vanilla, extract, imitation, no alcohol

Nutrients

Per Serving: 1 piece/bar

Calories	360 kcal
Carbohydrate	44 g
Saturated Fat	6 g
Sodium	89 mg

Source

Riverside Elementary School District
Phoenix, AZ

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Meal Service:

Breakfast

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1.5 oz Whole Grain-Rich Grains

0.5 Meat/Meat Alternate

0.25 cup Fruit

Directions **HACCP Process #1: No Cook**

1. Combine shredded coconut, oats, dried fruit, sunflower seed butter, syrup, cocoa powder, butter, and vanilla in a processor. Pulse until a crumbly dough forms (or mix in a bowl by hand).
2. Line a half sheet pan with parchment paper leaving a little extra space on the side to make it easy to pull the bars out once they are set.
3. Transfer dough to the prepared sheet pan and press it in tightly with your fingers. Place the pan in the freezer for at least one hour.
4. Remove pan from the freezer. Remove the bars from the pan. Cut the bars into 24 pieces.
5. For best results wrap each bar individually in plastic wrap or wax paper and store in the freezer until ready to eat.

Source

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Phoenix, AZ



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