

# Cooking for Kids

## Recipe Sizing Report

000198 - Granola Bars :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: EACH	Meat/Alt: Grains: 1 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
050456 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO..... 020078 WHEAT GERM,CRUDE.....	2 qts + 3 cups 2 cups + 1 Tbsp	1. In a large bowl, mix together oats and wheat germ.
901530 SUGARS,BROWN,LIGHT..... 019296 HONEY..... 002010 CINNAMON,GROUND..... 050385 OIL, VEGETABLE..... 799986 SALT, KOSHER..... 002050 VANILLA EXTRACT.....	2/3 cup + 1 3/8 TSP (packed) 1 1/3 cups + 1/2 Tbsp 1 3/8 tsp 1 1/3 cups + 1/2 Tbsp 2 3/4 tsp 1 3/8 tsp	2. In a sauce pan, mix together brown sugar, honey, cinnamon, oil, salt, and vanilla. Bring to a boil over medium low heat, stirring frequently. Once the mixture boils, remove from heat.  3. Pour mixture over oats and mix until oats are completely coated.
012179 COCONUT MEAT,DRIED (DESICCATED),SWTND,SH.... 900072 CRANBERRIES, WHOLE, SLICED DRIED-COMMODI....	1 1/3 cups + 1/2 TBSP (shredded) 2 cups + 1 Tbsp	4. Place mixture on sheet trays lined with parchment paper and bake in a 350° F oven for 8 minutes. Remove from oven and stir in coconut and cranberries until incorporated. Replace in oven for an additional 10 minutes. Remove from oven and let cool.
901530 SUGARS,BROWN,LIGHT..... 019296 HONEY..... 001145 BUTTER,WITHOUT SALT.....	2 3/4 cups + 1/2 TBSP (packed) 2 3/4 cups + 1/2 Tbsp 2 3/4 cups + 1/2 Tbsp	5. In a sauce pan, place brown sugar, honey, and butter. Bring mixture to a boil then reduce heat to low. Stir for 2 minutes then remove from heat. Let cool slightly and then pour over granola. Mix until fully incorporated.  6. Spread onto 1/2 sheet trays lined with parchment and press. Refrigerate for 2 hours before serving. Cut into 4x6 pieces.

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	202 kcal	Cholesterol	14 mg	Sugars	*12.2* g	Calcium	14.87 mg	41.88%	Calories from Total Fat
Total Fat	9.40 g	Sodium	51 mg	Protein	2.14 g	Iron	0.69 mg	18.61%	Calories from Saturated Fat
Saturated Fat	4.18 g	Carbohydrates	28.40 g	Vitamin A	157.8 IU	Water <sup>1</sup>	*4.00* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.39 g	Vitamin C	0.1 mg	Ash <sup>1</sup>	*0.19* g	56.24%	Calories from Carbohydrates
								4.23%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**