

Cheerio Snack Bars

Baking



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WHAT MAKES IT MEANINGFUL

This cooking recipe will provide a yummy snack that can be eaten over the week. It has little ingredients and only uses the microwave. You can get your hands messy by pressing the mixture into the pan, this also can be a good exercise for your hands.

It is very fulfilling when you can create something and then enjoy the outcome of your labour and work.

TIME

This activity would take 15–20 minutes.

MATERIALS

Ingredients

- 4 cups plain cheerios or any other cereals you would like (\$4)
- ½ cup peanut butter or any other nut butter (\$5)
- ½ cup honey or agave (\$10)

Materials

- Mixing bowl
- Wooden spoon
- Cookie tray or 9x9/8x8 square tray
- Parchment paper (\$6)

INSTRUCTIONS

1. In your mixing bowl, add Cheerios, and microwave your honey and peanut butter together for around 30 seconds.



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2. Combine Cheerios and honey peanut butter mixture, mix until combined.
3. Lay down parchment paper in a square pan and even out the mixture so it's the same thickness everywhere.
4. Refrigerate until hardened and then enjoy!

RESOURCES

<https://twinmomrefreshed.com/peanut-butter-cheerio-bars/>

SUPPORTS NEEDED

Support may be needed for the mixing to make sure the mixture is fully combined and as well when evening out the mixture in the pan.

OTHER THINGS TO NOTE

You can make this recipe nut free by substituting peanut butter for wow butter. And if you don't have a microwave, you can melt it over the stove.