MEALS on WHEELS SAN DIEGO COUNTY

Chewy Granola Bars

Yield 30

Portion Size: 1 Bar

AMT	UNIT	INGREDIENTS
3.2	oz	whole almonds
2.7	oz	walnuts (whole or pieces)
5.6	oz	oats (oatmeal)
3.5	oz	mini chocolate chips
2	oz	raisins
2	oz	dried cranberries
0.5	cup	light corn syrup
1	cup	creamy peanut butter, melted

PROCEDURES

Line pans with parchment paper, leaving extra on the sides to use as handles for removing the bars when they are finished. Set aside.
In a food processor, chop the nuts into small pieces.
In a large bowl, mix the oats, nuts, chocolate chips, cranberries, and raisins.
Mix together melted peanut butter and corn syrup in small bowl.
Pour peanut butter/corn syrup mixture over dry ingredients.
Mix until each bit is fully coated.
Scoop mixture into pans and press firmly until the top is completely even.
Pack the mixture down very tightly.
Place in the refrigerator to set up. Cut into bars.
Bars may be stored at room temp for up to 10 days and in the frig for 2 weeks.

Ingredients						
3.200 oz. Almonds, Whole						
2.700 oz. BACK TO NATURE Nuts, Walnuts, Unroasted, Unsalted						
5.600 oz. QUAKER OATS Oatmeal, Old Fashioned, Dry						
3.500 oz. Chocolate, Semisweet, Chips						
2.000 oz. Cranberries, Dried, Sweetened						
2.000 oz. Raisins, Seedless						
0.500 c. Syrup, Corn, Light						
1.000 c. SKIPPY Peanut Butter, Creamy						
Macronutrients				**Percentage of Kcals**		
Kilocalories		149.284	kcal			
Trans Fatty Acid			g	Protein	9.4%	
Sugar, Total			g	Carbohydrate	40.5%	
Protein		3.730	g	Fat, total	50.1%	
Carbohydrate		16.126	g	Alcohol	0.0%	
Fat, Total		8.852	g			
Alcohol		0.000	g			
Cholesterol		0.000	mg			
Saturated Fat		1.708	g			
Monounsaturated Fat		1.649	g			
Polyunsaturated Fat		0.550	g			
Trans Fatty Acid		0.000	g			
Dietary Fiber, Total		1.996	g			
Sugar, Total		9.809	g			
Vitamins & Minerals						
Sodium		44.296	mg	Phosphorus	20.971	mg
Potassium		49.208	mg	Magnesium	12.726	mg
Vitamin A (RE)		0.006	RE	Zinc	0.180	mg
Vitamin C		0.047	mg	Copper	0.062	mg
Calcium		12.912	mg	Manganese	0.103	mg
Iron		0.757	mg	Selenium	0.325	µg
Vitamin D (ug)		0.000	µg	Chromium	0.000	mg
Vitamin E (mg)		0.537	mg			
Thiamin		0.014	mg			
Riboflavin		0.040	mg			
Niacin		1.223	mg			
Pyridoxine (Vitamin B6)		0.009	mg			
Folate (Total)		1.855	µg			
Cobalamin (Vitamin B12)		0.000	µg			
Biotin		0.095	µg			
Pantothenic Acid		0.024	mg			
Vitamin K		0.323	µg			

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Ingredient	50 Servings	100 Servings	150 Servings	200 Servings
3.200 oz. Almonds, Whole	5.333 ounce(s)	10.667 ounce(s)	1.000 pound(s)	1.333 pound(s)
2.700 oz. BACK TO NATURE Nuts, Walnuts, Unroasted, Un	4.500 ounce(s)	9.000 ounce(s)	13.500 ounce(s)	1.125 pound(s)
5.600 oz. QUAKER OATS Oatmeal, Old Fashioned, Dry	9.333 ounce(s)	1.167 pound(s)	1.750 pound(s)	2.333 pound(s)
3.500 oz. Chocolate, Semisweet, Chips	5.833 ounce(s)	11.667 ounce(s)	1.094 pound(s)	1.458 pound(s)
2.000 oz. Cranberries, Dried, Sweetened	3.333 ounce(s)	6.667 ounce(s)	10.000 ounce(s)	13.333 ounce(s)
2.000 oz. Raisins, Seedless	3.333 ounce(s)	6.667 ounce(s)	10.000 ounce(s)	13.333 ounce(s)
0.500 c. Syrup, Corn, Light	6.667 fluid ounce(s)	1 2/3 c.	1 pt + 1/2 c.	1 pt + 1 1/3 c
1.000 c. SKIPPY Peanut Butter, Creamy	1 2/3 cups	1 pt + 1 1/3 c.	1 qt + 1 c.	1 qt + 2 2/3 c.

Ingredient	250 Servings	300 Servings	350 Servings	400 Servings
3.200 oz. Almonds, Whole	1.667 pound(s)	2.000 pound(s)	2.333 pound(s)	2.667 pound(s)
2.700 oz. BACK TO NATURE Nuts, Walnuts, Unroasted, Un	1.406 pound(s)	1.688 pound(s)	1.969 pound(s)	2.250 pound(s)
5.600 oz. QUAKER OATS Oatmeal, Old Fashioned, Dry	2.917 pound(s)	3.500 pound(s)	4.083 pound(s)	4.667 pound(s)
3.500 oz. Chocolate, Semisweet, Chips	1.823 pound(s)	2.188 pound(s)	2.552 pound(s)	2.917 pound(s)
2.000 oz. Cranberries, Dried, Sweetened	1.042 pound(s)	1.250 pound(s)	1.458 pound(s)	1.667 pound(s)
2.000 oz. Raisins, Seedless	1.042 pound(s)	1.250 pound(s)	1.458 pound(s)	1.667 pound(s)
0.500 c. Syrup, Corn, Light	1 qt + 2 T.	1 qt + 1 c.	1 qt + 1 3/4 c + 1 T.	1 qt + 2 2/3 c.
1.000 c. SKIPPY Peanut Butter, Creamy	2 qt + 1/3 c.	2 qt + 2 c.	2 qt + 3 2/3 c.	3 qt + 1 1/3 c.

Ingredient	450 Servings	500 Servings	550 Servings	600 Servings
3.200 oz. Almonds, Whole	3.000 pound(s)	3.333 pound(s)	3.667 pound(s)	4.000 pound(s)
2.700 oz. BACK TO NATURE Nuts, Walnuts, Unroasted, Un	2.531 pound(s)	2.813 pound(s)	3.094 pound(s)	3.375 pound(s)
5.600 oz. QUAKER OATS Oatmeal, Old Fashioned, Dry	5.250 pound(s)	5.833 pound(s)	6.417 pound(s)	7.000 pound(s)
3.500 oz. Chocolate, Semisweet, Chips	3.281 pound(s)	3.646 pound(s)	4.010 pound(s)	4.375 pound(s)
2.000 oz. Cranberries, Dried, Sweetened	1.875 pound(s)	2.083 pound(s)	2.292 pound(s)	2.500 pound(s)
2.000 oz. Raisins, Seedless	1.875 pound(s)	2.083 pound(s)	2.292 pound(s)	2.500 pound(s)
0.500 c. Syrup, Corn, Light	1 qt + 3 1/2 c.	2 qt + 1/3 c.	2 qt + 1 c. + 3 T	2 qt + 2 c.
1.000 c. SKIPPY Peanut Butter, Creamy	3 qt + 3 c.	1 gal + 2/3 c	1 gal + 2 1/3 c.	1 gal. + 1 qt.