



Get Up & Move!

Trail Mix Bars

- 1 1/4 cups quick-cooking rolled oats
- 1/3 cup coarsely chopped walnuts or pecans
- 2/3 cup brown sugar, packed
- 1/4 teaspoon ground cinnamon
- 1/2 cup semisweet chocolate pieces
- 1/2 cup packaged biscuit mix
- 1/3 cup dried cherries or raisins
- 1/4 cup shelled sunflower seeds
- 1 egg
- 2 tablespoons lowfat milk
- 2 tablespoons vegetable oil
- 1 teaspoon vanilla

Mix all dry ingredients together in a large bowl. Add slightly beaten egg, milk, oil and vanilla. Stir until combined.

Spray an 8-inch x 8-inch baking pan with non-stick spray.

Spread mixture in pan.

Bake at 375°F for 25 minutes or until edges are brown.

Cool in pan on a wire rack. Cut into bars.

Makes 16 bars.

Nutrition Facts

Serving Size (40g)
Servings Per Container 16

Amount Per Serving

Calories 170 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 90mg **4%**

Total Carbohydrate 23g **8%**

Dietary Fiber 2g **8%**

Sugars 15g

Protein 3g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



UNIVERSITY OF ILLINOIS
EXTENSION

University of Illinois * U.S. Department of Agriculture * Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.