

Recipe Prep Sheet

Elevate Student Nutrition

990627 - WowButter Granola Bars

Recipe HACCP Process:

Source:

Number of Portions: 24

Portion Size: Serving

Ingredient #	Ingredient Name	Measurements	Instructions
020038	OATS	4 CUP	In a large bowl mix oats, rice crispies, raisins and half of the chocolate chips* together and set aside.
902476	CEREAL, RICE KRISPIES, BULK	5 CUP	
009079	CRANBERRIES, DRIED, SWTND	1 1/2 CUP	
991017	Wowbutter, Creamy	2 1/2 cup	On medium heat WOWBUTTER & honey** constantly stirring until you have a smooth liquid consistency, remove from heat and add in vanilla.
019296	HONEY	1 1/3 CUP	
990399	Vanilla Extract	1 1/2 tsp	
991032	Chocolate Chips, Mini	1 cup	Immediately pour the warm contents over the dry ingredients and mix until well incorporated, then add remaining chocolate chips and give another quick mix.
			<p>Once mixed scrape bowl contents onto a half size baking sheet and press down.</p> <p>Cover and let rest in the fridge for at least two hours before serving.</p> <p><u>Cut servings 4 rows by 6 rows per pan.</u></p> <p>* the chocolate chips will melt so you can add the entire 1 cup or split it in half to leave some of the chocolate chips whole</p> <p>**if your honey has started to crystalize heat that up first and melt it completely before adding the WOWBUTTER</p>

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

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® 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.

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*Nutrients are based upon 1 Portion Size (Serving)

Calories ¹	417.206 kcal	Total Fat	17.076 g	Total Dietary Fiber	5.733 g	Vitamin C	2.582 mg	36.837% Calories from Total Fat
Saturated Fat ¹	4.501 g	Trans Fat ²	*0.000* g	Protein	10.650 g	Iron	4.374 mg	9.709% Calories from Sat Fat
Sodium ¹	136.685 mg	Cholesterol	0.000 mg	Vitamin A	211.825 IU	Water	*6.611* g	*0.000%* Calories from Trans Fat
Total Sugars	*29.076* g	Carbohydrate	57.534 g	Calcium	53.347 mg	Ash	*N/A* g	55.162% Calories from Carbohydrates
Added Sugars	*6.000* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.071			10.211% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	.5 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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Allergens

Soy								
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