

### BIG JOHN'S GRANOLA BARS

- In a large pot, combine 1 1/2 cups of Dark Karo Syrup & 1/4 cup of Honey. Stir constantly until bubbly over med-high heat.
- Turn off burner and add 2 cups of Peanut Butter
- Mix well, then add 2 cups Raisins and/or dates, 2 cups Whole or Chopped Peanuts, 3 cups Oatmeal, 2 cups Chow Mein Noodles and/or Rice Krispies.
- Mix to combine
- Pour mixture onto a sheet pan and flatten to desired thickness. Cool and cut into squares.

#### Nutrition Information:

355 Calories, 10g Protein, 44g Carbohydrates, 17g Fat - 3g Saturated Fat, 0mg Cholesterol, 211mg Sodium, 4g Fiber

Nutrition Information based on 24 servings cut 6x4 in a 18.5"x13.5" jelly roll pan, with raisins, oil roasted peanuts and rice krispies. Nutrients are approximate and will vary depending on type and which ingredients are used.

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