



Episode: What Is a Calorie?

Charlie's Big Green Activity Sheets

Charlie's **BIG** green recipe:

Easy Energy Bars

Ingredients:

- 1 cup natural peanut butter
- $\frac{3}{4}$ cup honey
- 1 $\frac{1}{2}$ cup dry old-fashioned oats
- 1 $\frac{1}{2}$ cup crisped rice cereal
- $\frac{3}{4}$ cup raisins
- $\frac{3}{4}$ cup chopped walnuts or other nuts (optional)

Directions:

1. Combine peanut butter and honey in a large non-stick pot.
2. Warm mixture over low heat until runny; stir until mixed.
3. Mix in the oats, rice cereal, nuts, and raisins.
4. Don't cook it—just warm enough to mix things together well.
5. Press into a 9x9 inch pan.
6. Let cool, cut into bars.

SPECIAL INSTRUCTIONS:

You can use only oats and no rice cereal by increasing the oats to 3 cups. If you want more of a protein bar, you can add some protein powder to the mix when you add the oats.

