

## Healthy After School Snacks - What do you serve your kids?

We want to hear from you! What healthy snacks are a hit in your kitchen? Reply to this thread and let us know. In the mean time, try this tasty treat for your busy kids.

### Monkey Bars

This recipe makes 12 bars

#### Ingredients

vegetable cooking spray  
1 tablespoon butter  
1 tablespoon light brown sugar  
1 cup rolled oats  
1/4 teaspoon cinnamon  
1/2 cup whole-wheat flour  
1/2 cup unsweetened apple juice  
1/2 teaspoon vanilla extract  
1/2 cup warm water  
1 ripe banana  
1/4 cup dried currants

#### Cooking Instructions

1. Heat the oven to 350°F. Spray an 8-inch baking pan with vegetable cooking spray.
2. In a medium bowl, beat the butter and sugar together until creamy. Kids can add the oats, cinnamon and flour and mix well.
3. Make it a team effort. In a small bowl, combine the apple juice, vanilla extract and 1/2 cup of warm water. Add this to the dry ingredients and stir to combine. Stir in the banana and currants. Everyone can help spread the dough into the prepared pan.
4. Bake until the top is golden, about 1 hour.
5. Cool on a wire rack. Cut into 12 squares and serve. These bars can be made ahead and stored in the refrigerator for up to one week.

**Serving Size:** 1 bar

#### Nutrition Information

**Number of Servings:** 12

Per Serving

Calories	78	Carbohydrate	15 g
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Fat	1 g	Fiber	2 g
Protein	2 g	Saturated Fat	0 g
Sodium	1 mg		

Posted by Elyse at [8/19/2008 9:11 AM](#) | [Add Comment](#)