



## Camp Fire USA Reality Food Activities



*Camp Fire USA* and the Home Baking Association are partnering to feature Camp Fire USA staff and leaders with great food activities! Find more Camp Fire Reality Foods at [www.homebaking.org](http://www.homebaking.org).

**FOOD ACTIVITY:** No-Bake Power Bars

**SUBMITTED BY:** Sue Lewis, Staff and Campers  
Camp Glen  
Northwest Ohio Council  
Findlay, OH  
[www.campglen.org](http://www.campglen.org)

**AGE FOR ACTIVITY:** Any Age

**ACTIVITY SETTING:** Anything you can do inside, you can do out, weather permitting.

**DESCRIPTION:** No-Bake, wholegrain energy bar – great camp-site or club meeting recipe. Shape individual balls or bars, wrap in waxed paper “tootsie-roll” style, pack and hike.

**TIME:** 30 to 40 minutes

**WHAT YOU NEED:**

**What you'll need:** *Ask participants if they have related food allergies before you begin.*

- ✓ Clean hands and surface
- ✓ Large bowl(s).
- ✓ Coals and heavy skillet/Dutch oven **OR** electric skillet **OR** stove top and pan **OR** microwave
- ✓ Heat resistant spoon
- ✓ Waxed paper
- ✓ Ingredients listed, each recipe makes 24, 1.25 oz/35g. bars  
\*Soy nut or other nut butters may be workable for some allergic to peanuts
- ✓ Buttered 9 x 13-inch pan **OR** Divide and shape mixture into balls

## No-Bake Power Bars

Makes 24, (1.25 oz./35g) servings, @ 15 cents

### Ingredients

- 1 cup light Karo® syrup
- ½ cup sugar, optional\*\*
- 1 cup creamy **or** chunky peanut butter **or** soy nut butter\*
- 6 cups crispy rice **or** oat O's (a wholegrain option)
- Options: 1 c. dried fruit (cherries, raisins, cranberries, peaches) or sunflower kernels

### Directions

1. In a skillet or sauce pan, heat syrup until it bubbles.
2. Stir in the peanut butter, stirring until smooth.
3. Pour cereal in a large, greased (or spray with pan spray) bowl.  
Add the dried fruit or chopped nuts as desired.
4. Stir peanut butter mixture into the cereal.
5. Press into a greased 9 X 13-in pan, using a sheet of waxed paper; cut,  
OR, allow mixture to cool briefly and shape into 24 balls; wrap to pack along on hike.

\*\*Additional sugar is optional. Dried fruit boosts sweetness; oat O's and nuts add protein and heart healthy oils, fiber, and anti-oxidants.

**Nutrition Facts based upon chunky peanut butter, oat O cereal, raisins and no added sugar.**

>Compare nutrition and cost to Nature Valley® 1.5 oz/42g. crunchy Granola Bars

Nutrition Facts	
Serving Size (35g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 140</b>	Calories from Fat 50
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1g	5%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 125mg</b>	<b>5%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 2g	6%
Sugars 12g	
<b>Protein 3g</b>	
Vitamin A 4%	Vitamin C 6%
Calcium 2%	Iron 10%
*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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Food Exploration:** *Young people often add foods they've prepared to their list of "likes." Most people love grapes—Help them learn that raisins are grapes without the water... "dehydrated" grapes...and are even sweeter than grapes! Raisins are packed with nutrients and are a great food to pack along and bake use in baking!*

**Learn how raisins are made:** Use a food dehydrator or the sun!

Start with a bowl of green Thompson or red seedless grapes. Remove the stems and wash thoroughly.

1. Place the washed grapes on a clean tray pie plate or sheet pan. Cover them with cheese cloth or a mesh covering to deflect insects attracted to the fructose or "fruit sugar" in grapes.
2. Place the tray in a dry, sunny place, or food dehydrator (following their directions for fruit drying).
3. Check sun-dried raisins each day—tasting as they dry—at end of 3-5 days raisins will appear!
4. Store when dried in an airtight container. The Greeks will store raisins with a bay leaf to improve storage!



**Ready to bake:** In reverse, plump raisins (hydrate) before baking with them by covering the amount needed for a recipe in cold water or juice or water for five to 15 minutes. Drain off liquid and then mix the raisins into batters, dough, or salads.

**Food IQ:** What state is famous for producing the most raisins in the U.S.? (*California*).

How much water is evaporated from grapes? (*Grapes are more than ¾ (81%) water!*)

*1 lb (16 oz) grapes makes about 4-6 oz. raisins!*

Visit the California Raisin Marketing Board for more great raisin activities and recipes to make at camp and home! [www.calraisins.org](http://www.calraisins.org)

Writer/contributor: Sharon Davis, Family & Consumer Sciences Education, [www.homebaking.org](http://www.homebaking.org)