MVP Chewy Bars

Ingredients

- 1 cup light corn syrup
- 1/2 cup packed dark brown sugar
- 1 1/2 cups cashew butter
- 1 cup powdered nonfat milk
- 1 tablespoon vanilla extract
- 3 cups granola cereal
- 1/2 teaspoon ground cinnamon

Instructions

1. Lightly coat a 9- by 13-inch baking pan and a sheet of waxed paper with cooking spray and set them aside. In a large saucepan over medium-high heat, stir together the corn syrup and brown sugar. Let the mixture cook until the sugar dissolves, about 1 minute, then bring it to a simmer and let it cook for 30 seconds more.

2. Remove the pan from the heat and use a long-handled metal spoon to stir in the cashew butter, powdered milk, and vanilla until smooth. Stir in the granola and cinnamon. Transfer the mixture to the prepared pan, then use the waxed paper, oiled side down, to flatten it.

3. Let the mixture cool for 1 hour, then turn it out onto a cutting board. If needed, use a knife to release it. Slice the granola into 24 bars and store them in a sealable container layered between sheets of waxed paper until ready to eat. They can be kept up to a week.

Sports Nutrition! Get the Facts!

FOOD!! Children that participate in sports have additional nutritional needs than those that don't. Additional calories are needed to fuel their energy requirements for optimum performance on the field. Providing pre-game meals and snacks will help your child reach these nutrient requirements. The best pre-game meal is packed full of protein and carbohydrates. The carbohydrate provides quick energy for fuel during the activity and the protein provided energy for a longer period of time to help rebuild the body. In addition, children should consume a snack or a meal within 30 minutes after they participate in a sporting event to help refuel them.

FLUIDS!! When children participate in sports, they lose a significant amount of fluids due to sweating. Your child should not only drink the right fluids during performance but throughout the day too in order to insure proper hydration.

Proper Nutrition is Key for Winning a Big Game!!