

Chewy Oatmeal Bars

Nutritious and delicious says it all!

Makes 16

Ingredients:

- 2 1/4 cups quick oats or long-cooking oats
- 1/2 cup flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon vanilla extract
- 5 tablespoons margarine, softened
- 1/4 cup honey
- 1/4 cup brown sugar
- 1 cup raisins

Directions:

1. Preheat oven to 325 degrees. Lightly coat an 8x8-inch pan with cooking spray.
2. In a large mixing bowl, combine all ingredients. Stir until well blended.
3. Press mixture into pan and bake 18 to 22 minutes or until golden brown.
4. Cool 10 minutes, then cut into bars. Let bars cool in pan before serving.

Nutrition Facts: One bar provides 150 calories, 4.5g total fat, 0mg cholesterol, 85mg sodium, 26g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Chewy Oatmeal Bars
Apple Slices
Low Fat Milk

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