

Low Fat Chewy Oatmeal Bars with Fruit



Ingredients

- 3/4 cup firmly packed brown sugar
- 1/2 cup granulated sugar
- 1 8 oz container vanilla or plain low-fat yogurt
- 2 egg whites, lightly beaten
- 2 tsp vegetable oil
- 2 tsp skim milk
- 2 tsp vanilla
- 1 1/2 cups all-purpose flour
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1/2 tsp salt (optional)
- 3 cups Quaker® Oats (quick or old fashioned, uncooked)
- 1 cup diced dried mixed fruit, raisins, or dried cranberries

How to make it

1. Heat oven to 350°F.
2. In large bowl, combine sugars, yogurt, egg whites, oil, milk, and vanilla; mix well.
3. In medium bowl, combine flour, baking soda, cinnamon, and salt; mix well.
4. Add to yogurt mixture; mix well.
5. Stir in oats and fruit.
6. Spread dough onto bottom of ungreased 13x9-inch baking pan.
7. Bake 28 to 32 minutes or until light golden brown.
8. Cool completely on wire rack.
9. Cut into bars.



PREP
TIME
10 min



COOK
TIME
28-32 min



TOTAL
TIME
38 min



SERVINGS
24

Made with



Quaker® Oats-Old Fashioned

10. Store tightly covered.