



March 3- Fruit and Almond Breakfast Bars

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=907858>

Recipe

Ingredients:

- 2 ½ cups old-fashioned rolled oats
- ½ cup whole-wheat flour
- ½ cup fat-free dry milk
- ½ cup wheat germ
- ½ cup sliced almonds
- ½ cup dried apples
- ½ cup Craisins
- ½ teaspoon salt
- 1 cup honey
- ½ cup peanut butter
- 1 Tablespoon olive oil
- 2 teaspoon vanilla

Directions:

1. Preheat oven to 325°F. Grease 9x13" pan with cooking spray.
2. Combine oats, flour, dry milk, wheat germ, almonds, apples, Craisins and salt in large bowl; stir to combine and set aside.
3. In a small microwave safe bowl, combine honey, peanut butter and olive oil. Heat until hot and stir well. Add in vanilla.
4. Combine honey mixture to dry ingredients; stir quickly to combine.
5. Pat mixture into prepared pan; press firmly. Bake for 25 minutes. Let cool and cut into bars. Store in refrigerator.

Yield 24 servings

Nutrition Facts

Serving Size 1 item (51.38g)
Servings Per Container 24

Amount Per Serving

Calories 200 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 33g **11%**

Dietary Fiber 3g **13%**

Sugars 17g

Protein 6g **12%**

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.