

From the Kitchen of the

# Cent\$ible Nutrition Program

## Breakfast Bars

### Ingredients

- 1½ cups *CNP Master Mix*
- 1½ cups instant oats
- ¼ cup canola oil
- ¾ cup brown sugar
- ¼ cup applesauce
- 1 egg
- ½ teaspoon cinnamon

### Directions

1. Wash hands in warm, soapy water.
2. Preheat oven to 350°F.
3. In a large mixing bowl, combine all ingredients.
4. Stir just until the dough is crumbly.
5. Press dough into ungreased 8x8-inch or 9x9-inch pan.
6. Bake for 20 minutes until the center is set and bars are slightly brown. Cool 10 minutes before serving.

### Nutrition Facts

Serving Size 1 slice (107.6g)  
Servings Per Container 8

#### Amount Per Serving

**Calories** 260      **Calories from Fat** 80

**% Daily Value\***

**Total Fat** 9g      **13%**

Saturated Fat 1g      **5%**

*Trans Fat* 0g

**Cholesterol** 50mg      **16%**

**Sodium** 490mg      **20%**

**Total Carbohydrate** 40g      **13%**

Dietary Fiber 2g      **9%**

Sugars 16g

**Protein** 7g      **15%**

Vitamin A 2%      •      Vitamin C 6%

Calcium 20%      •      Iron 8%

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

Serves: 9



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