



## September 18- Almond Pumpkin Spice Oatmeal Bars

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=951356>

### Recipe

*Ingredients:*

- 2 eggs
- ½ cup unsweetened applesauce
- 1/3 cup brown sugar
- 2 teaspoon baking powder
- ¼ teaspoon salt
- 3 cup Quaker oats
- 4 Tablespoon sliced almonds
- 2 teaspoon pumpkin pie spice

*Directions:*

1. Preheat oven to 375°F. Prepare 8" x 11" pan with cooking spray.
2. Combine all wet ingredients in medium bowl; mix well.
3. Combine all dry ingredients and mix well. Combine wet ingredients with dry.
4. Pour mixture into prepared pan. Bake for 25-30 minutes.

Yield 9 servings

### Nutrition Facts

Serving Size 1 bar (60.82g)  
Servings Per Container 9

**Amount Per Serving**

**Calories** 170      **Calories from Fat** 40

**% Daily Value\***

**Total Fat** 4g      **7%**

Saturated Fat 1g      **4%**

Trans Fat 0g

**Cholesterol** 40mg      **14%**

**Sodium** 85mg      **4%**

**Total Carbohydrate** 26g      **9%**

Dietary Fiber 3g      **12%**

Sugars 7g

**Protein** 6g      **11%**

Vitamin A 0%      •      Vitamin C 0%

Calcium 8%      •      Iron 10%

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