



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.