

OATMEAL BARS



Makes 9 servings

INGREDIENTS

- 2 cups quick cooking oatmeal
- 1/2 cup brown sugar
- 1/4 cup flax seed
- 1/2 cup walnuts
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 whole egg
- 2 egg whites
- 6 ounces of 1% milk
- 1/3 cup vanilla Greek yogurt
- 1 teaspoon vanilla

DIRECTIONS

Preheat oven to 350 degrees. Mix together dry ingredients, add wet ingredients, and mix well. Pour into a 9X9-inch pan and bake for 30-35 minutes.

TIPS

- Store bars in the refrigerator for breakfast during the week! Reheat in the microwave for 30-45 seconds.
- Top with peanut butter or 1 teaspoon of maple syrup.
- For more variety, mix and match nuts and dried fruit and top bar with it.
- Don't have flaxseed? It's okay to leave it out!

NUTRITION

184 calories
7 g protein
7 g fat
217 mg sodium
27 g carbohydrate
4 g fiber

