

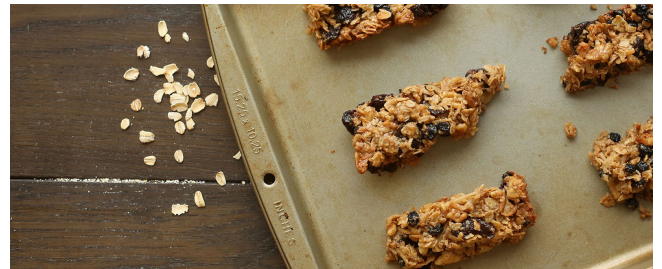
Breakfast Bars

Ingredients

- 1 cup Quaker® Oats-Old Fashioned
- 1 bag mixed dried fruit (7 oz)
- 1/4 cup sugar
- 1/2 cup shredded unsweetened coconut (optional)
- 1/4 cup chopped walnuts (optional)
- 1/2 tsp salt
- 1/4 tsp ground cinnamon
- 1/4 cup honey
- 2 tbsp olive oil
- 1/4 cup unsweetened almond or peanut butter
- 1 tbsp lowfat or fat free milk
- 1/2 tsp vanilla extract

How to make it

1. Preheat oven to 350°F; lightly coat an 8 x 8-inch baking pan with nonstick spray.
2. In a bowl, toss together the oats, dried fruit, sugar, coconut, walnuts, salt, and cinnamon.
3. Set aside.
4. In a second bowl blend together the honey, olive oil, almond butter, milk, and vanilla.
5. Pour honey mixture over the oat mixture and stir until completely coated.
6. Pour mixture into prepared pan and press firmly.
7. Bake for 20 to 25 minutes or until beginning to brown and turn bubbly.
8. Remove from oven, let stand for 10 minutes, then cut while still warm.
9. Let cool completely before removing from the pan.
10. Store in air tight container.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	25 min	35 min	8

Made with



Quaker® Oats-Old Fashioned

11. Bars will last up to a week.