



# Skinny Oatmeal Bars

## INGREDIENTS (Yields 15 bars)

- Vegetable oil cooking spray
- 2 cups old-fashioned rolled oats
- ¾ cup low-fa granola
- 3 tablespoons whole whole-wheat flour
- 1 teaspoon ground cinnamon
- ½ teaspoon baking powder
- ¾ teaspoon salt
- 1 medium ripe banana, mashed
- ½ cup skim milk
- ½ cup dark brown sugar, packed
- 1 egg
- 1 teaspoon vanilla extract
- ¾ cup dried cranberries
- ¾ cup pecan halves, chopped

NUTRITION INFORMATION: 164 Calories; 5 grams Fat; 1 grams Saturated Fat; 13 mg Cholesterol; 147 mg Sodium; 27 grams Carbohydrates; 3 grams Fiber; 14 grams sugar; 3 grams Protein

## DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit. Coat a 13-by-9-inch pan with cooking spray; set aside. In a large bowl, combine oats, granola, flour, cinnamon, baking powder, and salt. Mash banana in a separate bowl; whisk in milk, brown sugar, egg and vanilla.
2. Fold in cranberries and pecans.
3. Combine dry and wet ingredients. Press mixture evenly into pan and bake 25 to 30 minutes, or until lightly brown. Remove from oven, allow to cool and cut into 15 bars.

Chef Notes: Almonds or walnuts may be used in place of pecans. Soy, nut or seed milks may be substituted for skim milk.