

Breakfast Bars

Yield: 12 servings

Ingredients:

3 unpeeled baking apples, coarsely chopped
3 tablespoons lemon juice
2 cups sweetened, dried cranberries, coarsely chopped
½ teaspoon allspice
1 cup orange juice
1 cup brown sugar
1 ¾ cups all-purpose flour
1 teaspoon salt
½ teaspoon soda
1½ cups old-fashioned oats
¾ cup vegetable oil

Procedure:

Coat apples with lemon juice immediately after chopping to prevent discoloration; drain. Combine apples, cranberries, allspice and orange juice in saucepan and cook over medium-low heat for about 10 minutes, stirring frequently. Mix together remaining ingredients; press slightly more than half the mixture into the bottom of a 13x9x2 baking pan that's been lightly sprayed with cooking oil. Spread filling; top with remaining crumble mixture and press lightly. Bake at 400 F for 25 to 30 minutes.

310 calories
and 14 grams
of fat per
serving

This recipe combines grains and fruit. Add a glass of milk and a piece of fruit to work toward five servings of fruits and vegetables a day.



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