

## Low Fat Chewy Fruit & Oatmeal Bars



### Ingredients

3/4	cup firmly packed brown sugar
1/2	cup granulated sugar
One	8-ounce container vanilla or plain low-fat yogurt
2	egg whites, lightly beaten
2	Tbsp. vegetable oil
2	Tbsp. skim milk
2	tsp. vanilla
1-1/2	cups all-purpose flour
1	tsp. baking soda
1	tsp. ground cinnamon
1/2	tsp. salt (optional)
3	cups Quaker® Oats (quick or old fashioned, uncooked)
1	cup diced dried mixed fruit, raisins, or dried cranberries



### Preparation Steps

1. Heat oven to 350°F. In large bowl, combine sugars, yogurt, egg whites, oil, milk, and vanilla; mix well. In medium bowl, combine flour, baking soda, cinnamon, and salt; mix well. Add to yogurt mixture; mix well. Stir in oats and fruit.
2. Spread dough onto bottom of ungreased 13x9-inch baking pan.
3. Bake 28 to 32 minutes or until light golden brown. Cool completely on wire rack. Cut into bars. Store tightly covered.



### Cook Tips and Variations

- Each bar contains .5g oat soluble fiber.

#### Recipe Yield:

2 dozen bars

#### Serving Size:

1 bar

#### Nutrition Information:

Calories: 145, Calories from Fat: 20, Total Fat: 2g, Saturated Fat: 0g,  
Cholesterol: 0mg, Sodium: 60mg, Total Carbohydrates: 43g, Dietary Fiber: 2g,  
Protein: 3g