Directions:
1. Preheat oven to 350
2. Mix dry ingredients
3. Mix wet ingredients
4. Pour wet into dry, stir
5. Spray 9x9 baking dish with cooking spray
6. Pour into 9x9 dish
7. Bake 40 minutes
8. Cut into 9 squares

Nutrition (per square):
148 calories, 5.5g protein, 20g carb, 2.8g fiber, 6g fat

Made by:
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Dietetic Interns 2010-2011
The Dietetic Internship at Vanderbilt

Resources:

Baked Oatmeal Snack Bars
Ingredients:
1.5 cups rolled oats
1/2 cup chopped nuts
3/4 cup dried fruit
1 tsp cinnamon
1/2 tsp salt
1 1/4 cup skim milk
1 egg
1 tsp vanilla

Snack Ideas:
• Chocolate milk
• Piece of fruit and cheese stick
• Mini bagel with peanut butter
• Graham crackers and yogurt

Nutrition (per square):
148 calories, 5.5g protein, 20g carb, 2.8g fiber, 6g fat