FRUIT AND OATMEAL BARS

SERVES 6

Preparation time: 15 minutes
Cook time: 30 minutes

INGREDIENTS

- 2 tablespoons vegetable oil
- 1 large egg, beaten
- ¾ cup brown sugar, firmly packed
- ½ cup sugar
- 2 tablespoons skim or 1% milk
- 1 8-ounce container vanilla or plain low-fat yogurt
- 1½ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon salt
- 3 cups quick or old-fashioned oats
- 1 cup dried mixed fruit (diced), raisins, or Craisins

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. In large bowl, combine oil, egg, sugar, and milk. Set aside.
3. In medium bowl, combine flour, baking soda, cinnamon, and salt. Add to oil mixture.
4. Add yogurt to mixture.
5. Stir in oats and fruit.
7. Bake 25-30 minutes
8. Cool and serve.
9. Store in tightly covered container.

WAYS FOR KIDS TO HELP

- CHILDREN CAN measure and dump ingredients.
- CHILDREN CAN crack and beat the egg.
- CHILDREN CAN stir in the fruit and oatmeal.

SIMPLY GOOD EATING