



Apricot Oat Bars

Ingredients

1 1/2 cups old fashioned oats
1/2 cup finely chopped dried apricots
1/2 cup honey
1/4 cup nonfat plain yogurt
2 egg whites
2 Tbsp wheat germ
2 Tbsp all-purpose flour
3 Tbsp butter or margarine
1/2 Tsp ground cinnamon
1/2 Tsp vanilla
1/4 Tsp salt

Nutrition Facts (per serving)

Calories	94
Fat (g)	3
Saturated Fat (g)	1
Cholesterol (mg)	0
Sodium (mg)	69
Carbohydrate (g)	16
Fiber (g)	1
Protein (g)	2
Calcium (mg)	0

Preparation

Spray an 8-inch square baking dish with nonstick cooking spray. Combine all ingredients in a large bowl and mix well. Spread mixture evenly into baking dish and bake at 325 degrees for 25 minutes or until center is firm and edges are lightly browned. Cool and cut into 2-inch squares.

Serves 16

Serving Size: 1 bar

