



Recipes for Success



Low-Fat Breakfast Bars

These low-fat bars are bursting with nuts, dried cranberries and plenty of flavour. Make a batch on the weekend to enjoy as a quick breakfast on the go during the week or as a handy snack.

Serves: 8
Time to prepare: 10 min
Time to cook: 35 min

Ingredients:

2 cups (500 mL) rolled oats
1/2 cup (125 mL) natural bran
1/4 cup (60 mL) wheat germ
1/4 cup (60 mL) all-purpose flour
1/4 cup (60 mL) dried cranberries or raisins
1/4 cup (60 mL) slivered almonds or chopped walnuts
2 tsp (10 mL) baking powder
2 tsp (10 mL) ground cinnamon
1/2 tsp (2.5 mL) ground ginger
1/2 tsp (2.5 mL) nutmeg
3 eggs
1 cup (250 mL) unsweetened applesauce
1/2 cup (125 mL) milk (1%)
3 tbsp (45 mL) packed brown sugar



Instructions

- **STEP 1:** Preheat oven to 350°F (180°C).
- **STEP 2:** Spray 8-inch (20 cm) square baking pan with cooking spray; set aside.
- **STEP 3:** Combine oats, bran, wheat germ, flour, dried cranberries, almonds, baking soda, cinnamon, ginger and nutmeg in large bowl.
- **STEP 4:** Whisk eggs, applesauce, milk and brown sugar in another bowl. Pour over dry ingredients and mix just to combine. Spread into prepared baking pan, smoothing top.
- **STEP 5:** Bake in preheated 350°F (180°C) oven until a toothpick inserted near centre comes out clean, 35 to 40 minutes. Cool completely in pan on wire rack before cutting into bars.

Tips:

- For a nut-free option, replace almonds or walnuts with 1/4 cup (60 mL) dried fruits.

For this recipe and more, visit www.eggs.ca/recipes.