

Pecan-Raisin Bars

Serves 16

Serving size: 1 bar

Preheat: 350

INGREDIENTS

1 1/2 cups rolled oats	1/4 teaspoon salt
vegetable cooking spray	1 1/2 teaspoon vanilla extract
1 egg + 1 egg white	2/3 cup raisins
3/4 cup light brown sugar, packed	1/4 cup chopped pecans
1 tablespoon vegetable oil	1 tablespoon flour
1/2 teaspoon ground cinnamon	

INSTRUCTIONS

1. Toast oats in the oven on a baking sheet for approximately 10-15 minutes or until they start to brown. Remember to check on them and move them around every few minutes
2. Reduce heat to 325; and cover an 8x11 with foil and spray with non-stick cooking spray
3. Whisk egg and egg white in a large bowl
4. Mix in brown sugar, vegetable oil, cinnamon, salt and vanilla – stir until completely combined
5. Add oats, raisins, pecans and flour – stir
6. Spread the batter out onto the prepared cookie sheet
7. Bake 30 minutes or until slightly golden brown
8. Cut into 16 even pieces and cool on a wire rack

Nutrition Information Per Serving			
Calories	116.2	Carbohydrate	21 g
Fat	3 g	Fiber	1.3 g
Protein	2.2 g	Saturated Fat	0 g
Sodium	120.7 mg		