



Low Fat Chewy Oatmeal Bars with Fruit

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24

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28-32 min

Low Fat Chewy Oatmeal Bars with Fruit are a simple treat with rich fruity flavors. This chewy oatmeal bar is a versatile dessert you can enjoy with raisins, dried cranberries, or your favorite dried fruits. Switch up the fruits with the seasons to keep this bake good fresh and exciting.

Ingredients

- 3/4 cup firmly packed brown sugar
- 1/2 cup granulated sugar
- 1 8 oz container vanilla or plain low-fat yogurt
- 2 egg whites, lightly beaten
- 2 tsp vegetable oil
- 2 tsp skim milk
- 2 tsp vanilla
- 1 1/2 cups all-purpose flour
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1/2 tsp salt (optional)
- 3 cups [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1 cup diced dried mixed fruit, raisins, or dried cranberries

Cooking Instructions

1. Heat oven to 350°F.
2. In large bowl, combine sugars, yogurt, egg whites, oil, milk, and vanilla; mix well.
3. In medium bowl, combine flour, baking soda, cinnamon, and salt; mix well.
4. Add to yogurt mixture; mix well.
5. Stir in oats and fruit.
6. Spread dough onto bottom of ungreased 13x9-inch baking pan.

7. Bake 28 to 32 minutes or until light golden brown.
8. Cool completely on wire rack.
9. Cut into bars.
10. Store tightly covered.