

Nutty Chocolate Oatmeal Bars

Ingredients:

Makes 36 Bars

Cooking spray

2 cups uncooked quick-cooking oatmeal

1 cup all-purpose flour

1 tsp. baking soda

½ tsp. ground cinnamon

1 ¼ cups firmly packed light brown sugar

½ cup unsweetened applesauce

½ cup egg substitute

¼ cup smooth peanut butter

3 tbs. light tub margarine

¼ cups chopped hazelnuts

¼ cup mini chocolate chips

Instructions

Preheat oven to 350 degrees. Lightly spray a 13x9x2-inch metal baking pan with cooking spray. In a medium bowl, stir together oatmeal, flour, baking soda and cinnamon. In separate bowl, whisk together the brown sugar, applesauce, egg substitute, peanut butter and margarine. Add to the flour mixture, whisking until just moistened. Using a rubber scraper, fold in the hazelnuts and chocolate chips. Spread the batter in the baking pan. Bake for 20 to 22 minutes or until a cake tester or wooden toothpick inserted in the center comes out clean. Transfer the pan to a cooling rack. Let cool for 10 minutes before cutting. Makes 36 bars.

Nutritional Info: 174 calories, 5 g fat, 0 trans fat, 0 g cholesterol, 121 mg sodium, 30 g carbohydrates, 2 g fiber, 18 g sugar, 4 g protein

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