



Breakfast Bars

 **SERVINGS** not found or type unknown

8

 **COOKING TIME** not found or type unknown

25 min

If oatmeal breakfast bars are a morning go-to in your household, this recipe for Breakfast Bars is a must try. Use your favorite dried fruit mix to customize each batch to you and your family's taste. These bars are chewy, a great way to prep for the week, and a yummy addition to breakfast.

Ingredients

- 1 cup [Quaker® Oats-Old Fashioned](#)
- 1 bag mixed dried fruit (7 oz)
- 1/4 cup sugar
- 1/2 cup shredded unsweetened coconut (optional)
- 1/4 cup chopped walnuts (optional)
- 1/2 tsp salt
- 1/4 tsp ground cinnamon
- 1/4 cup honey
- 2 tbsp olive oil
- 1/4 cup unsweetened almond or peanut butter
- 1 tbsp lowfat or fat free milk
- 1/2 tsp vanilla extract

Cooking Instructions

1. Preheat oven to 350°F; lightly coat an 8 x 8-inch baking pan with nonstick spray.
2. In a bowl, toss together the oats, dried fruit, sugar, coconut, walnuts, salt, and cinnamon.
3. Set aside.
4. In a second bowl blend together the honey, olive oil, almond butter, milk, and vanilla.
5. Pour honey mixture over the oat mixture and stir until completely coated.
6. Pour mixture into prepared pan and press firmly.
7. Bake for 20 to 25 minutes or until beginning to brown and turn bubbly.
8. Remove from oven, let stand for 10 minutes, then cut while still warm.

9. Let cool completely before removing from the pan.
10. Store in air tight container.
11. Bars will last up to a week.