

## Cranberry Orange Oatmeal Bars

Makes 12 bars: Serving Size 1 bar

Preparation: 10 min & Bake: 35 min

### Ingredients:

- 3 cups old fashioned rolled oats (Bob's Red Mill Gluten Free used in nutrients)
- 1/3 c smooth almond butter
- 1 cup dried fruit (any that you prefer & just change the name of the bar): cranberries, raisins, dates, cherries, raisins, blueberries, or a mix (cranberries used in the nutrients)
- ½ c orange juice
- 1/3 c honey
- 1 tsp ground nutmeg
- ½ tsp salt
- 3 egg whites
- 2 T finely ground flaxseed

### Directions:

1. Preheat oven to 350 degrees. Lightly spray 8" square pan with pam.
2. Mix together all ingredients (except flaxseed) in a bowl.
3. Press these ingredients firmly into the square pan. Bake until golden brown around the edges (approx. 35 min).
4. Let cool 5 min. Then, sprinkle flaxseed over the top.
5. Allow the bars to cool completely before cutting. Serve or baggy to eat for the next several days.



Nutrients per serving: 212.5 calories, 6.4g protein, 35g carbohydrates, 6g fat

(From Whole Foods Market.com)