

Oatmeal Pumpkin Breakfast Bar

Ingredients

- 2-2/3 cups rolled quick oats, dry
- 1/2 cup light brown sugar, packed
- 1-1/2 tsp baking powder
- 2 tsp salt
- 1-1/2 tsp cinnamon
- 3/4 cup 1% milk
- 2 tbsp unsalted butter
- 1-1/2 tsp vanilla extract
- 1-1/4 cups canned pumpkin

Notes

Number of Portions: 12

Serving Size: 1 each

Nutrition Facts: 139 calories,
3.29 g fat, 1.54 g saturated fat,
315 mg sodium, 23.04 g
carbohydrate, 2.66 g fiber, 1.8 g
sugar, 3.77 g protein

Directions

1. In a large bowl, mix together all dry ingredients.
2. Stir in all wet ingredients and mix until fully incorporated.
3. Place mixture onto greased 9x13 inch baking dish and place in 350°F oven for 20-25 minutes.
4. Let cool slightly before cutting.

