

Boogie Breakfast Bars

$\frac{3}{4}$ cup raw brown sugar
 $\frac{1}{2}$ cup honey
4 tablespoons margarine
 $\frac{3}{4}$ cup applesauce
1 egg
2 teaspoons vanilla
2 tablespoons of skim milk

1 $\frac{1}{2}$ cups whole wheat flour
1 teaspoon baking soda
2 teaspoons cinnamon
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon grated nutmeg
3 cups oats
1 cup Wolfberries

Preheat oven to 350 degrees. Beat together brown sugar, honey and margarine until well blended. Add applesauce, egg, vanilla and milk; beat well. Add combined flour, baking soda, cinnamon, salt, and nutmeg; mix well. Stir in oats and Wolfberries; mix well. Spread dough onto bottom of ungreased 13 x 9 inch baking dish. Bake 30 minutes, or until edges are golden brown. Cool completely before cutting into bars.

Yields 32 servings

Each serving contains 91 calories

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