

## 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

David Wingard

Cherokee County

Senior– Breads and Cereals