

# Breakfast Bars

Makes 9 servings | Grains • Fruit

## Ingredients

- 1 ½ cups *CNP Master Mix* - see back (or ¾ cup all-purpose flour, ¾ cup whole-wheat flour, 1 teaspoon baking powder, 1 Tablespoon canola oil, dash of salt)
- 1 ½ cups instant oats
- ¼ cup canola oil
- ½-¾ cup brown sugar
- ¼ cup applesauce
- 1 egg
- ½ teaspoon cinnamon
- 1 cup add-ins: chopped dried fruit, nuts, coconut flakes, and/or baking chips (optional)

## Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 350°F.
3. In a large bowl, combine all the ingredients except add-ins.
4. Stir just until the dough is crumbly and fold in 1 cup of optional add-ins.
5. Press the dough into an ungreased 8x8-inch or 9x9-inch baking pan.
6. Bake at 350°F for 20 minutes or until the center is set and the bars are golden brown.
7. Cool for 10 minutes before cutting.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

1-877-219-4646 | <https://uwyocnp.org/> | [cnp-info@uwo.edu](mailto:cnp-info@uwo.edu)

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.

# CNP Master Mix

Makes 9 servings | **Grains**

## Ingredients

- 4 cups all-purpose flour
- 4 cups whole-wheat flour
- ¼ cup baking powder
- 3 Tablespoons sugar
- 1 Tablespoon salt
- 1 cup canola oil

## Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In a large bowl combine flours, baking powder, sugar, and salt.
3. Drizzle oil over the dry mixture. Cut in with pastry blender, fork, or fingers until it resembles coarse oatmeal.
4. Store in a tightly covered container. Keeps 3 months in the refrigerator.



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