

Super Strawberry Bars

Ingredients:

1 cup flour
1 cup rolled oats
½ cup butter or margarine, softened
1/3 cup light brown sugar
¼ teaspoon baking powder
1/8 teaspoon salt
¾ cup strawberry jam

Preparation:

1. Preheat oven to 350 degrees.
2. In large bowl, mix everything together, except the strawberry jam.
3. Measure out 2 cups of the mixture. Leave the rest in the bowl and set aside.
4. With the 2 cups of mixture, press into the bottom of a lightly-greased 8x8 pan. Make sure you cover the entire bottom of the pan.
5. Using a large spoon evenly spread the strawberry jam on top of the mixture.
6. Using the leftover from the bowl, press the remaining mixture on top of the strawberry jam. Press it down lightly.
7. Bake for 25 minutes.
8. Let cool for 15 minutes.
9. Cut the bars into 12 squares. Eat & share!

Nutritional analysis (per serving): 211 calories, 2 g protein, 9 g fat, 32 g carbohydrate, 1 g fiber, 22 mg cholesterol, 126 mg sodium, 16 mg calcium, 0.9 mg iron. Nutrition analysis varies depending on brands used.

American Pie Oatmeal

Ingredients:

1 2/3 cup water
Pinch of salt
1 cup oatmeal (not instant)
½ cup cinnamon applesauce
½ cup raisins
2 teaspoons brown sugar

Preparation:

1. Combine water, salt and oatmeal in a small microwave-safe mixing bowl.
2. Microwave on high for 2 minutes, or until oatmeal is hot. (Use caution, bowl will be HOT).
3. Stir in applesauce, raisins and oatmeal.
4. Divide into 2 large servings or 4 small servings. Eat & enjoy!

Makes 2 servings

Nutritional analysis (per serving): 262 calories, 4 g protein, 2 g fat, 62 g carbohydrate, 4 g fiber, 0 mg cholesterol, 65 mg sodium.



*A recipe from "Having Fun in the Kitchen"
Waco-McLennan County WIC Program, 2010*

Blueberry Oatmeal Muffins

Ingredients:

1 ¼ cups all-purpose flour (or whole wheat flour)
1 cup quick-cooking oats
½ cup packed brown sugar
2 teaspoons baking powder
½ teaspoon salt
½ teaspoon ground cinnamon
¼ teaspoon baking soda
¼ teaspoon ground nutmeg
1 egg, slightly beaten
1 cup (8 oz.) plain yogurt
¼ cup butter, melted
1 cup fresh blueberries

Preparation:

1. Preheat oven to 400° F.
2. In a large bowl, combine the first eight ingredients.
3. In a separate bowl, combine the egg, yogurt and butter. Stir into dry ingredients until moist.
4. Gently stir in blueberries.
5. Coat muffin cups with cooking spray or use paper liners. Fill ¾ full with batter.
6. Bake for 18-22 minutes or until a toothpick comes out clean.
7. Cool for 5 minutes before removing from pan to a wire cooling rack.

Yields: 1 dozen (12 muffins)

Nutrition analysis (per muffin): 167 calories, 6 g fat, 3 g saturated fat, 31 mg cholesterol, 249 mg sodium, 26 g carbohydrate, 1 g fiber, 4 g protein.



*A recipe from "Having Fun in the Kitchen"
Waco-McLennan County WIC Program, 2010*