



PEACHES & CREAM OATMEAL BARS

MATERIALS:

Baking dish, 8x8
Cutting board
Measuring cups
Measuring spoons
Mixing Bowl
Mixing spoon
Sharp knife

INGREDIENTS:

1 cup oats
1/2 cup canned peaches, drained
1/2 cup skim milk
1/4 teaspoon cinnamon

Serves: 9, 1 bar per serving

*Recipe from: *USDA Mixing Bowl*

Find more recipes online at: www.gcfb.org/recipes_resources

DIRECTIONS:

1. Preheat oven to 350 degrees Fahrenheit.
2. Cut peaches into small, bite-sized pieces.
3. Mix oatmeal, diced peaches, skim milk and cinnamon in a bowl until blended well.
4. Spread into a greased, 8 x 8 baking dish and bake for 10-15 minutes or until oatmeal is soft.
5. Once cool, cut into 9 squares.

Chef's Notes:

- Substitute the peaches with fresh, diced apples and nuts for extra crunch.
- Substitute the peaches for any one of your favorite canned, fresh or frozen fruits.
- Leftover oatmeal bars can be stored in the freezer to make them last longer, just allow enough time to thaw out before eating.