Recipes

Bird Bars

BIRD BARS

Ingredients
3 ounces uncooked quick oats
3 ounces TOTAL other cereals:
- Shredded wheat crumbled
- Grapenut cereal
1 cup evaporated skim milk
1 cup applesauce (no sugar added)
1/2 cup reduced calories margarine, melted
1 cup TOTAL of the following mix:
- Chopped nuts (unsalted)
- Raisins, dates, dried fruit
1/4 cup firmly packed brown sugar
1 teaspoon cinnamon
1 teaspoon baking soda

Method

Preheat oven to 350 F. In large bowl, combine cereals; add other ingredients and mix well. Spray 13 x 9 x 2 inch baking pan with nonstick spray. Bake for 30 minutes (until tester inserted in center comes out clean).

Remove from pan and let cool on rack. Cut into 16 bars. Wrap each bar in plastic and freeze. Break one bar in pieces appropriate to bird size!

This recipe is good for people too!

Posted by Kaz

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