



Oatmeal-Fruit Breakfast Bites

Ingredients:

- 1/4 cup butter or margarine
- 4 Tbsp. unsweetened applesauce
- 1 cup packed brown sugar
- 2/3 cup crushed pineapple (in juice)
- 1/8 tsp. vanilla extract
- 1 1/8 tsp. maple flavoring
- 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour
- 3/4 cup nonfat, dry milk
- 3/4 tsp. ground cinnamon
- 3/4 tsp. baking soda
- 1/8 tsp salt
- 1 1/2 rolled cups oats
- 1 cup raisins

GLAZE (if desired)

- 1/3 cup powdered sugar
- 1 Tbsp. + 2 tsp. unsweetened applesauce

Instructions:

- 1) Cream butter (or margarine), applesauce, and brown sugar in bowl. Add crushed pineapple with juice, vanilla and maple flavoring.
- 2) Combine flour, dry milk, cinnamon, baking soda and salt. Blend in oats and raisins.
- 3) Drop dough onto baking pan (1/8 cup at a time) and flatten slightly.
- 4) Bake in conventional oven at 350 degrees for 12-15 minutes or convection oven at 325 degrees for 10-12 minutes.
- 5) Mix powdered sugar with applesauce; brush on after bars have cooled.

YIELD: 24 bars

- Take time to talk with your children about the importance of breakfast while they help make breakfast bites for busy mornings.
- Serve with a glass of milk or a container of yogurt for a nutrient-rich kick-start to everyone's day.

Getting kids cooking:

- Children can drop the dough onto the baking sheet.
- Children can make the glaze and "paint" the bars with a baking brush after they have cooled.

Nutrition Analysis

Serving: 1 bar + glaze	Total Carb: 38.9 g
Calories: 190	Dietary Fiber: 2.6 g
Total Fat: 2.8 g	Sodium: 99 mg
Calories from Fat: 13.5%	Protein: 4.5 g
Saturated Fat: 0.5 g	Calcium: 78.4 mg
Trans Fat: 0.0 g	Iron: 1.2 mg

Source:

Hellgate Elementary School Foodservice,
Missoula, Montana