

# Low-fat Chewy Oatmeal Bars

Recipe By *Brynie Greisman*



Cooking and Prep:  25  
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Serves:  24

Contains:   

**Preference:** Dairy

**Difficulty:** Easy

**Source:** Family Table by  
Mishpacha Magazine

These bars combine a host of healthful ingredients, among them oats and yogurt. Yogurt is an excellent source of protein, calcium, riboflavin, and vitamin B12. The active cultures found in yogurt may help boost the immune system. Oats may help lower cholesterol and reduce the risk of heart disease. They are a good source of protein, complex carbohydrates, and iron. Oats are also very low in fat while providing a great source of water-soluble fibers, an integral part of dieting in that it makes you feel full over a long period of time. In addition, the fiber and other nutrients found in oats may actually reduce the risk for certain cancers. Try one anytime – it'll keep you satisfied for hours.

## Ingredients (15)

### Main ingredients

- 1 cup (8 ounces) vanilla or plain yogurt (in Israel use 1 and 1/2 containers of plain yogurt plus 1 vanilla sugar)
- 2 egg whites or 1/3 cup **Haddar Egg Whites** lightly beaten OR 1 extra-large egg

- 2 tablespoons Gefen Applesauce
  - 2 tablespoons milk
  - 2 teaspoons Gefen Vanilla
  - 3/4 cup brown sugar
  - 1/2 cup white sugar, optional (I left this out and found them to be sweet enough)
  - 1 and 1/2 cups flour (I used whole wheat)
  - 1 teaspoon baking soda
  - 1 teaspoon cinnamon
  - 1/2 teaspoon salt
  - 3 cups oats
  - 1/3 cup golden raisins or dried fruit
  - 1/3 cup Gefen Chocolate Chips
  - 1/3 cup nuts (you can use walnuts; I used a combo of sliced almonds and cashews)
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## Start Cooking

### Make the Bars

1. Mix the yogurt, egg, applesauce, milk, and vanilla together in a small bowl. In another, larger bowl, mix the sugars, flour, baking soda, cinnamon, and salt. Combine the two and then add the oats, fruit, chips, and nuts.
2. Spread mixture evenly in a 9x13-inch pan lined with Gefen Easy Baking Parchment Paper. Bake at 350 degrees Fahrenheit (180 degrees Celsius) for 20-25 minutes. Do not over-bake. These bars have no added fat and dry out if baked too long. Cool slightly. Cut into 24 bars.

#### Note:

These bars can be mixed by hand in a bowl. Less clean up!

#### Tip:

I store these bars in the freezer. In my opinion, they taste best eaten directly from the freezer.

**Variation:**

You can substitute a small amount (1/8 cup to start with) of ground flaxseed and/or wheat germ for the same amount of flour. It's a great way to sneak in more wholesome ingredients!