



APPLE & CINNAMON BREAKFAST BARS

Ingredients:

- 4 tbsp low-fat spread, melted
- 1/2 cup peanut butter
- 3/4 cup milk
- 1/2 cup brown sugar
- 1 egg
- 2 tsp cinnamon
- 1.5 cups oats
- 1 cup flour
- 1 tsp baking soda
- 1.5 cup apples, chopped very small

Method:

1. In a bowl, combine the spread, peanut butter, milk, sugar, egg and cinnamon.
2. Mix well.
3. Add remaining ingredients and stir until just combined.
4. Spoon into a greased 9×9 tray.
5. Bake at 375 degrees for 20-25 minutes.

