

Jiffy Oatmeal Bars

Ingredients:

Non-stick cooking spray
 1/4 cup margarine
 3/4 cup brown sugar
 1 teaspoon vanilla
 1/2 teaspoon baking soda
 2 cups quick cooking oats
 1 cup raisins

Equipment:

Large non stick skillet
 9 x 13 baking pan
 Measuring cups
 Measuring spoons
 Spatula

Number of Servings: 15
 Preparation Time: 10 minutes
 Total time: 30 minutes

Directions

1. Preheat oven to 350°F and spray a 9x13 inch baking pan with non-stick cooking spray.
2. In large skillet, melt butter on medium heat.
3. Use a 1/4 cup measure, pack brown sugar in cup until it is level with the top. Add to skillet. Repeat 2 more times to make 3/4 cup. Stir until melted.
4. Remove from heat and stir in vanilla, baking soda, oats and raisins.
5. Spread into pan and bake at 350°F for 15 - 20 minutes.
6. Cool; cut into squares.

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Nutrition Facts

Serving Size: 1 3x3 bar	
Servings: 15	
Amount Per Serving	
Calories 126	Calories from Fat 36
%Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 82mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	6%
Protein 2g	4%
Vitamin A 3%	Vitamin C 1%
Iron 4%	Calcium 2%
*Percent Daily Values are based on a 2,000 calorie diet.	



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