

# Recipe of the Month – February 2022

## Cranberry Oatmeal Bars

Serves 24

Serving Size: 1 bar

Cost per Serving: \$0.13

### Ingredients:

1 cup dried cranberries

$\frac{3}{4}$  cup brown sugar

$\frac{1}{2}$  cup oil (*canola or vegetable*)

2 eggs

1  $\frac{1}{2}$  cups all purpose flour

1  $\frac{1}{2}$  cups quick cooking oats

1 teaspoon baking powder

$\frac{1}{4}$  teaspoon salt

**Optional:**  $\frac{1}{4}$  cup chopped nuts



### Directions:

1. Preheat oven to 350°F. Spray a 9 x 13inch baking pan with nonstick cooking spray.
2. Finely chop the dried cranberries.
3. Beat together brown sugar, oil, and eggs using a whisk or electric mixer in a large mixing bowl.
4. Stir together flour, oats, baking powder, and salt in a medium mixing bowl.
5. Stir dry ingredients into wet ingredients until combined.
6. Stir in cranberries and nuts. Spread the dough evenly in the pan.
7. Bake until lightly browned and the center is set (about 20 minutes).
8. Cool completely before cutting.

**Nutrition Facts per Serving:** 140 calories, 6g total Fat (0.5g sat. fat), 15mg.Cholesterol, 55mg Sodium, 21g Carbohydrates, 1g Fiber, 10g Sugar, 2g Protein

*Recipe compliments of Iowa State University Extension and Outreach:  
Healthy & Homemade 2022 Nutrition & Fitness Calendar*



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