

Crunchy Oat Bar

24 servings

6 Tablespoons margarine 3 cups uncooked oatmeal
3/4 cup brown sugar 1/4 teaspoon salt
2 Tablespoons molasses 1 teaspoon cinnamon

Preheat oven to 350°. Spray or lightly grease a 9"x13" pan. Mix margarine and sugar together in a bowl. Stir in molasses. Add oatmeal, salt and cinnamon; mix well. Put mixture in pan and flatten evenly.

Bake at 350° for 17 minutes. While warm, cut into 24 sections. Break apart when cold. If the mixture has set too hard to cut, put in warm oven for 1 minute and then cut through.

1 serving has 94 calories and 3 grams of fat.

Tips for Baking and Serving Food with Less Fat



This information is published by the University of Wisconsin Cooperative Extension Service in cooperation with USDA and Wisconsin counties. An EEO/Affirmative Action employer, University of Wisconsin Cooperative Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. 2002.

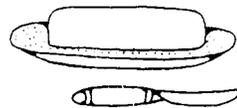
Bake with less fat



- Replace whole milk in recipes with lowfat or skim milk, evaporated skim milk or buttermilk.
- When a recipe calls for cheese, use smaller amounts of a sharp cheese like Parmesan or cheddar, or use lower fat cheese like part skim mozzarella.
- Decrease the amount of fat in recipes. Start by decreasing the fat by 1/4. The fat in recipes for quick breads, muffins and *some soft cookies* can be decreased by 1/2.



- Replace chocolate and nuts with raisins or chopped fresh fruits or canned fruits.
- Replace sour cream with lowfat sour cream or lowfat yogurt.



Add less fat to food

Small amounts of these fatty extras can add a lot of fat.
Use these sparingly:

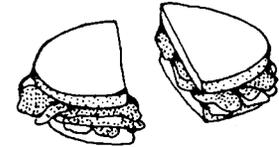
butter, margarine
oil
shortening, lard
cream cheese
non-dairy creamer

sour cream
salad dressing
mayonnaise
bacon grease or bacon
tartar sauce

Food that tastes good with less fat!

Sandwiches:

Use mustard, ketchup, lowfat or non-fat salad dressing, onion, tomato, lettuce and sprouts.



Vegetables, soups and dried beans:

Flavor vegetables with lowfat margarine spreads, onion, garlic, lemon juice, spices, salsa or vinegar. Flavor soups and bean dishes with a few drops of liquid smoke, lean diced ham, smoked turkey or bouillon instead of fatty meats like salt pork or bacon.

Bread, muffins and rolls:

Use jam, jelly, fruit spreads or small amounts of lowfat margarine or lowfat spreads.

Pasta, potatoes, and rice:

Use lowfat margarine or lowfat yogurt on potatoes. Cook rice and pasta without adding fat or salt to the cooking water.

