

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.

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Tips for Baking and Serving Food with Less Fat



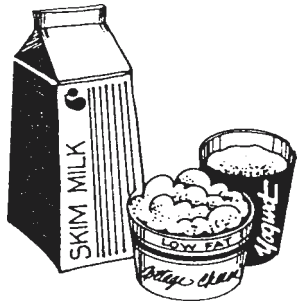
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Bake with less fat

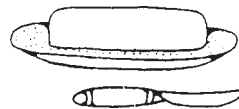


- Replace whole milk in recipes with lowfat or skim milk, evaporated skim milk or buttermilk.
- When a recipe calls for cheese, use smaller amounts of a sharp cheese like Parmesan or cheddar, or use lower fat cheese like part skim mozzarella.
- Decrease the amount of fat in recipes. Start by decreasing 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:

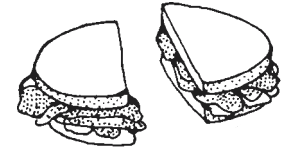
butter, margarine
oil
shortening, lard
cream cheese
non-dairy creamer

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.

