

Low-Point Fruit Bars

Ingredients:

3/4 cup Quick Oats

1 cup Bisquick reduced fat baking mix

1/2 cup Splenda granulated sugar substitute

1/4 cup reduced calorie margarine

1/4 cup fat free milk

1/4 cup chopped walnuts (optional)

1/4 cup mini chocolate chips (optional)

1/2 cup spreadable fruit spread

Preheat oven to 350 degrees. Spray an 8x8 baking dish with butter-flavored cooking spray. In a large bowl, combine oats, baking mix, and Splenda. Add margarine. Mix with fork until mixture is crumbly. Reserve 1/2 cup crumb mixture. Stir milk into reserved mixture.

Fold in walnuts and chocolate chips to the large bowl of mixture. Pat mixture into prepared baking dish. Carefully spread fruit spread over crust. Evenly sprinkle reserved crumb mixture over fruit spread. Lightly spray top with butter-flavored cooking spray. Bake for 25 minutes or until golden brown. Let cool and cut into bars.

Total Servings = 8 (2 each)

Total Points per serving = 2

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)