

Low-Point Kashi Caramel Chocolate Bars

Ingredients:

- 3 Tbs butter (Land O Lakes Light), softened
- 5 Tbs brown sugar
- 1/2 cup cooking oats
- 1/3 cup flour
- 1/3 cup Kashi Go Lean Crunch cereal (pulsed in a food processor so there's no large clumps)
- 2 Tbs Smucker's fat-free caramel sundae syrup
- 2 Tbs Nestle Toll House mini semi-sweet chocolate chips
- Pam cooking spray

Spray 8 inch by 8 inch glass baking dish with Pam cooking spray. Set aside. In a bowl, cream butter and brown sugar. Add the oats, flour, and cereal; mix well. Pat mixture into prepared baking dish. Drizzle caramel on mixture and add the chocolate chips, evenly distributing. Bake at 400 degrees for 12 minutes or until golden brown. Cool. Cut into bars.

Total servings - 12

Serving size - 1

Points per serving - 1.7

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