Ingredients:
- ¾ cup Whole wheat flour + 1 tsp. of baking soda
- ¾ cup Bisquick (heart smart)
- 1 1/2 cups instant oats
- 1 cup packed brown sugar
- ¾ cup Apple sauce (unsweetened)
- ¼ cup butter
- 1 egg
- 1/2 teaspoon cinnamon
- ADD-INS: optional, Dried cranberries, Coconut flakes, Chocolate chips, Chopped dried pineapple, Raisins

Directions:
1. Heat the oven to 350 degrees. In a large mixing bowl, combine the baking mix, oats, brown sugar, butter, egg, and cinnamon.

2. Stir the mix with a wooden spoon until you have a crumbly dough. Next, customize your international treats by folding in 1 cup total of the add-ins of your choice.

3. Press the dough into an ungreased 9- by 13-inch pan and bake for 17 minutes or until the center is set and the bars are slightly brown. Allow them to cool for 10 minutes before cutting. Makes 1-1/2 dozen 2- by 3-inch bars.

Servings 16

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