**OATMEAL ENERGY BARS**

**Ingredients**

- 1/4 cup maple syrup
- 1 egg
- 1/4 cup pumpkin seeds
- 1 cup of craisins
- 1/2 cup brown sugar
- 1/4 cup granulated sugar
- 3 tbsp butter, softened
- 1 cup applesauce
- 2 tsp vanilla extract
- 1 1/2 cups all purpose flour
- 3 cups quick cooking oats
- 1/2 tsp baking soda
- 1 tsp salt
- 1 1/2 tsp ground cinnamon
- Olive oil/cooking spray

**Instructions**

Preheat the oven to 350 degrees. Grease baking sheet with olive oil or cooking spray.

In a small bowl, mix together the egg.

In a large bowl, measure and mix together all of the rest of the ingredients. Add the mixed egg and mix well.

Spoon the mixture into the prepared pan and spread evenly, it will be lumpy.

Bake for about 25-30 minutes or until golden brown around the edges.

Remove from the oven, let cool and cut into even bars.

Enjoy!

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**Nutritional Information**

Amount per serving (1 of 10)

- Calories: 210
- Fat: 5g
- Saturated Fat: 1g
- Cholesterol: 23mg
- Sodium: 105mg
- Carbohydrates: 37g
- Fiber: 5g
- Sugar: 10g
- Protein: 7g

**Additional Information**

- Prep time: 10 minutes
- Cook time: 25 minutes
- Total time: 35 minutes

678-839-6194 • wolfwellness@westga.edu