



Eat Smart, Move More...  
Maintain, don't gain!

# HOLIDAY Challenge

## Butterscotch Bars

### Ingredients

½ cup all-purpose flour  
1 cup graham cracker crumbs (about 5 cookie sheets)  
2/3 cup packed brown sugar  
1/3 cup quick cooking oats  
1/3 cup butterscotch morsels  
1 tsp baking powder  
1 tbs vegetable oil  
1 ½ tsp vanilla extract  
2 large egg whites  
Cooking spray  
1 tbs powdered sugar

### Directions

1. Preheat oven to 350°
2. Lightly spoon flour into a dry measuring cup. Level with a knife.
3. Combine flour, graham cracker crumbs, sugar, oats, butterscotch morsels and baking powder. Stir with a whisk.
4. Combine oil, vanilla, and egg whites.
5. Add to flour mixture. Stir just until blended.
6. Lightly coat hands with cooking spray.
7. Press batter evenly into an 8-inch square baking pan coated with cooking spray.
8. Bake at 350° for about 20 minutes or until a toothpick inserted in the middle comes out clean.
9. Cool and sprinkle with powdered sugar.

### Nutrition Information Makes 16 bars

#### Per serving:

Calories: 118  
Fat: 2.8g  
Protein: 1.7g  
Carbohydrate: 21.8g  
Fiber: 1g  
Sodium: 90mg



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# Eat Smart