Get Up & Move!

Trail Mix Bars

1 1/4 cups quick-cooking rolled oats
1/3 cup coarsely chopped walnuts or pecans
2/3 cup brown sugar, packed
1/4 teaspoon ground cinnamon
1/2 cup semisweet chocolate pieces
1/2 cup packaged biscuit mix
1/3 cup dried cherries or raisins
1/4 cup shelled sunflower seeds
1 egg
2 tablespoons lowfat milk
2 tablespoons vegetable oil
1 teaspoon vanilla

Mix all dry ingredients together in a large bowl. Add slightly beaten egg, milk, oil and vanilla. Stir until combined.

Spray an 8-inch x 8-inch baking pan with non-stick spray.

Spread mixture in pan.

Bake at 375˚F for 25 minutes or until edges are brown.

Cool in pan on a wire rack. Cut into bars.

Makes 16 bars.