

OATMEAL SQUARES SNACK MIX

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 18 (Serving= 1/3 cup serving with almonds)

Nutrition (per serving)

Calories: 127

Total Fat: 6 g

Saturated Fat: 1 g

Sodium: 63 mg

Total Carbohydrate: 18 g

Dietary Fiber: 2 g

Total Sugars: 8 g

Protein: 2 g



Ingredients

- ¼ cup tub margarine, melted
- 2 Tablespoons Splenda® brown sugar blend
- ½ tsp cinnamon
- 4 cups Quaker® Brown Sugar Oatmeal Squares Cereal
- 1 cup slivered almonds (optional)
- 1 cup dried cranberries



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Directions

1. Preheat oven to 300 degrees Fahrenheit.
2. Mix margarine, brown sugar and cinnamon in a large bowl.
3. Add cereal, toss to coat evenly and spread on a baking sheet.
4. Bake 5 minutes.
5. Remove from oven and stir in almonds.
6. Return to oven and bake 5-10 more minutes, until lightly browned.
7. Cool completely.
8. Add cranberries and toss lightly.