

OATMEAL ENERGY BARS

1 large egg
 ¾ cup bisquick
 2 cups quick cooking oats
 ½ cup creamy peanut butter
 ½ cup cinnamon applesauce
 ½ cup honey
 ½ cup raisins
 ½ cup semisweet chocolate pieces
 Cooking spray

Preheat oven to 350°F and lightly spray a 11x7 or 9x9 in baking pan with cooking spray; set aside. In a small bowl, beat egg lightly using a fork.

In a medium bowl using a wooden spoon, stir together baking mix and oats until well blended. Stir in peanut butter, applesauce, honey and egg until well combined. Stir in raisins and chocolate pieces.

Press dough into prepared baking pan. Bake for 20-25 minutes. Place on wire rack to cool completely. Cut into bars.

Make this version of the recipeinstead of this
Egg Lands Best Large Eggs – NuVal™ Score 44 OR Egg Beaters – NuVal™ Score 59	Red River Farm Eggs – NuVal™ Score 33
Heart Smart Bisquick Pancake & Baking Mix – NuVal™ Score 23	Bisquick Pancake & Baking Mix – NuVal™ Score 2
Food Club Quick Oats – NuVal™ Score 59	Quaker Oats Quick – NuVal™ Score 57
Smart Balance Smooth Peanut Butter – NuVal™ Score 24	Peter Pan Smooth Peanut Butter – NuVal™ Score 10
Musselman's Lite Cinnamon Applesauce (no sugar added) – NuVal™ Score 29	Mott's Cinnamon Applesauce – NuVal™ Score 4
Ocean Spray Craisins – NuVal™ Score 4	Sunmaid California Raisins – NuVal™ Score 87
Hershey's Semisweet Chocolate Chips – NuVal™ Score 13	Nestle Semisweet Morsels – NuVal™ Score 2

Scores were obtained Dec 2011 and are subject to change.