

Breakfast bars

2 cups oatmeal, I like old fashioned, more texture (WIC)

1 cup flour, whole wheat if possible

½ cup brown sugar

¾ cup raisins

½ cup wheat germ

¾ teaspoon cinnamon

½ teaspoon salt, optional

½ cup oil

½ cup honey

1 egg (WIC)

1 teaspoon vanilla

Mix the dry ingredients together. Mix oil, honey and egg together and add to dry ingredients. When mixed thoroughly, pat into a baking pan. If you wish to double this recipe, it fits in a jelly roll pan wonderfully. Bake at 350, for 30-35 minutes. Cool on wire rack and cut into 3" squares.