

Pear and Cranberry Breakfast Bars

Servings: 18 3 oz bars

INGREDIENTS

Amount	Item
2 ½ cups	Quick Oats
2 tsp	Cinnamon
½ tsp	Salt
½ tsp	Baking Soda
2 Cans (30 oz)	Pears(Light Syrup)
1 Cup	Dried Cranberry
1 Cup	Water
1 tsp	Vanilla Extract

Butter or Pan Spray to grease baking dish.

Optional: Sub Bananas or Apples for Pears. Sub Milk for water.

METHOD

Combine dry ingredients (Oats, Cinnamon, Salt, and Baking Soda) in a mixing bowl and set aside. Open the cans of pears and strain the liquid. Finely chop the Pears and Cranberries and add them to the mixing bowl. Add the Water and Vanilla as well and mix everything well. Grease your baking dish with butter or coconut oil. With a rubber spatula spread the mixture evenly in the baking dish. Bake at 375 degrees for 20 minutes on the middle rack. Cool in the refrigerator over night. Cut into desired size. 18 even bars will be about 3 oz each. Wrap individually and freeze for future snacks.

Enjoy!

