



Butterscotch Bars

Serving Size: 2-inch by 2-inch bar

Yield: 16 bars

Ingredients:

- 1/2 cup all-purpose flour
- 1 cup graham cracker crumbs (about 5 cookie sheets)
- 2/3 cup packed brown sugar
- 1/3 cup quick cooking oats
- 1/3 cup butterscotch morsels
- 1 teaspoon baking powder
- 1 tablespoon vegetable oil
- 1 1/2 teaspoon vanilla extract
- 2 large egg whites
- Cooking spray
- 1 tablespoon powdered sugar



Directions:

1. Preheat oven to 350°
2. Lightly spoon flour into a dry measuring cup. Level with a knife.
3. Combine flour, graham cracker crumbs, sugar, oats, butterscotch morsels, and baking powder. Stir with a whisk.
4. Combine oil, vanilla, and egg whites.
5. Add to flour mixture. Stir just until blended.
6. Lightly coat hands with cooking spray.
7. Press batter evenly into an 8-inch square baking pan coated with cooking spray.
8. Bake at 350° for about 20 minutes or until a toothpick inserted in the middle comes out clean.
9. Cool and sprinkle with powdered sugar.





Nutrition Facts: Calories, 130; Calories from fat, 27; Total fat, 3g; Saturated fat, 1.5g; Trans fat 0g; Cholesterol, 0mg; Sodium, 80mg; Total Carbohydrate, 23g; Fiber, 0g; Protein, 2 g; Vit. A, 0%; Vit. C, 0%; Calcium, 2%; Iron, 4%.

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