

# Mango Ginger Bars

Mango Ginger Bars are the perfect combination of chewy oatmeal, sweet mango, fresh ginger, and jam. Sweet, but not too sweet, these bars are a great cookie replacement. Use the jam flavor of choice, or a combination of flavors, that you enjoy.

Serves 9

Serving size: 2 pieces

Prep time: 15 minutes

Cook time: 40 minutes

Total time: 55 minutes

## Ingredients

- 1, 6-ounce small bag frozen mango, thawed and chopped
- 2 cups quick-cooking oats
- 2 Tablespoons white sugar
- 2 Tablespoons maple syrup
- 2 Tablespoons grated ginger
- 1/2 cup jam, any type or flavor

## Directions

1. Preheat oven to 350°F.
2. Lightly grease a 9 x 9 baking pan.
3. Mix all ingredients except jam. Let mixture stand for at least 10 minutes.
4. Press mixture into the baking pan.
5. Bake at 350°F for 20 minutes.
6. Remove from oven and top with jam of choice.
7. Return to oven and cook for another 10-20 minutes.
8. Cool thoroughly. Cut into small squares.



## Nutrition Facts

9 Servings Per Container

Serving Size

63g

Amount Per Serving

Calories

140

% Daily Value \*

Total Fat 1.5g 2%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrates 32g 12%

Dietary Fiber 2g 7%

Total Sugars 16g

Includes 5g Added Sugars 11%

Protein 3g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1mg 6%

Potassium 120mg 2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Mangos, Cereals, QUAKER, Quick Oats, Dry, Jams and preserves, apricot, Maple Syrup, Granulated Sugar, Ginger root