**Baked Oatmeal Bars**

**Ingredients:**

125ml butter or margarine

2 ml vanilla

1 egg lightly beaten

125ml sugar

125ml brown sugar

250ml flour

250 ml quick cooking oats

60ml ground flax seed

2ml baking powder

2ml baking soda

**Method:**

1. Preheat oven to 375°F. Place parchment paper in an 8” square cake pan.
2. Melt butter in a medium saucepan, stirring with a wooden spoon.
3. Add sugars and mix until melted.
4. Remove from heat and cool. Add beaten egg and vanilla.
5. Sift together flour, baking powder and baking soda and add to mixture.
6. Stir in oats and ground flax seed
7. Pour into greased pan.
8. Bake for 20-30 minutes until lightly browned. Cool slightly. Cut with a knife to form bars.

