

CARAMEL ALMOND DIAMONDS

1 1/4 cups Store Brand Old Fashioned Oats or
1 cup Store Brand Quick Oats
1 cup all-purpose flour
2/3 cup firmly packed light brown sugar
1/4 teaspoon salt
1/2 cup margarine or butter, softened
12 ounces or 1 cup hot caramel ice cream topping*
1 cup coarsely chopped almonds
1/3 cup mini semi-sweet chocolate chips



Preheat oven to 350°F. Line 13 x 9-inch pan with aluminum foil; grease foil. In a medium bowl, combine oats, flour, brown sugar, salt and margarine until crumbly. Press mixture into bottom of prepared pan. Bake 15 minutes. Cool on wire rack 15 minutes. Spread ice cream topping evenly over cooled crust. Sprinkle almonds evenly over topping; sprinkle with chips. Bake 18 to 20 minutes or until edges start to bubble. Cool completely in pan on wire rack. Lift out of pan holding edges of foil. Peel off foil. Cut lengthwise into 1 1/2-inch wide strips, then cut strips diagonally at two-inch intervals to form diamonds.

*Do not warm.

Makes 48 bars.

Nutrition information per bar: 88 calories, 14g carbohydrate, 1g protein, 3.3g fat, 0mg cholesterol, 68mg sodium, .6g dietary fiber.



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