



# Fruit Bar

Total: 50 min · Prep: 17 min · Cook: 33 min · 3 servings · Easy · Snacks

Vegetarian

## INGREDIENTS

100 g Archway Home Style Cookies, Date Filled Oatmeal

5 tbsp Low-fat cottage cheese

1 tbsp Honey

20 g Dried berries, dried fruits and nuts

## INSTRUCTIONS

- 1 Mix the cottage cheese with honey until smooth and paste-like.
- 2 Add the oats and chopped fruits and berries. You can also crush the oats if desired.
- 3 Place the mixture into a baking pan.
- 4 Bake at 180°C for 15-25 minutes until a golden crust forms.
- 5 Check doneness with a toothpick. Cut into portions after cooling.

**Nutrition per serving:** 151 kcal · Protein 6.0 g · Fat 3.0 g · Carbs 26.0 g · Fiber 0.9 g