



Oatmeal Brownies

 Vegetarian

READY IN



195 min.

SERVINGS



36

CALORIES



124 kcal

DESSERT

Ingredients

- ☐ 1.5 cups oats
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 16 oz brownie mix
- ☐ 1 serving vegetable oil for on brownie mix box
- ☐ 0.5 cup nuts chopped

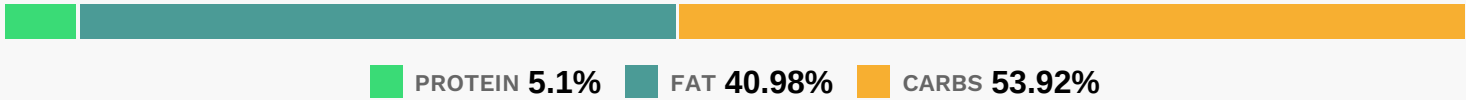
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom 9-inch square pan with shortening or cooking spray.
- ☐ In medium bowl, mix oats, flour, brown sugar and baking soda.
- ☐ Add butter, mix with fork or with fingers until mixture is crumbly. Reserve 1 cup of the oat mixture. Press remaining oat mixture in pan.
- ☐ Bake 10 minutes. Cool 5 minutes.
- ☐ Make brownie batter as directed on box. Stir in nuts. Carefully spread over baked layer.
- ☐ Sprinkle with reserved oat mixture; press lightly to adhere.
- ☐ Bake 38 to 42 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely on cooling rack, about 2 hours.
- ☐ Cut into 6 rows by 6 rows. Store tightly covered.

Nutrition Facts



Properties

Glycemic Index:5.41, Glycemic Load:1.83, Inflammation Score:-1, Nutrition Score:1.6473913183841%

Nutrients (% of daily need)

Calories: 124.22kcal (6.21%), Fat: 5.74g (8.83%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 16.98g (5.66%), Net Carbohydrates: 16.42g (5.97%), Sugar: 9.25g (10.28%), Cholesterol: 6.78mg (2.26%), Sodium: 66mg (2.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.21%), Manganese: 0.18mg (8.76%), Iron: 0.67mg (3.75%),

Phosphorus: 25.31mg (2.53%), Magnesium: 9.88mg (2.47%), Selenium: 1.63µg (2.33%), Fiber: 0.57g (2.27%), Vitamin B1: 0.03mg (2.22%), Copper: 0.04mg (2.14%), Vitamin A: 79.09IU (1.58%), Zinc: 0.21mg (1.43%), Folate: 5.38µg (1.35%), Vitamin B3: 0.24mg (1.2%), Vitamin B2: 0.02mg (1.11%)