



## **Swimsuit-Ready in 20 Days: Breakfast Recipes**

### **Strawberry-Oatmeal Bars with Yogurt**

1 cup sliced strawberries  
½ cup rolled oats  
½ cup egg whites  
½ cup nonfat plain yogurt  
*2 teaspoons sugar substitute*  
*cooking oil spray*

1. Preheat the oven to 300°F. Combine the strawberries, rolled oats, egg whites, and 1 teaspoon of sugar substitute.
2. Coat a shallow baking dish with the cooking spray. Pour the strawberry mixture into the baking dish. Bake for 15 to 20 minutes. Set aside and cool.
3. Increase oven temperature to 425°F. Slice the cake into bars. Recoat the baking dish with cooking spray. Place the bars back in the baking dish. Bake for 5 minutes more or until crisp and golden. Cool.

To serve: Stir the remaining sugar substitute into the yogurt for dipping.

Servings: 2