

Oat Squares

1 single serving container Dannon Oikos Triple Zero vanilla yogurt
1/4 cup skim milk
1/2 cup cocoa powder, unsweetened
1/2 cup rolled oats
1/2 cup stevia
1 egg
1/2 cup applesauce
1 teaspoon baking powder
1 pinch salt

Preheat the oven to 400°F. Grease a square 8 x 8 baking dish. Combine all ingredients in a blender and blend until smooth. Pour into the prepared dish. Bake for 15 minutes. Allow to cool. Cut into 9 servings.

Nutrition information per serving: 57 calories, 4 grams protein, 2 grams fat, 12 grams carbohydrate, 69 mg sodium.

