

# Dark Chocolate Chip Oat Bars

## Ingredients:

Cooking spray

1 ½ cup quick oats

1 large egg

½ cup Greek yogurt (fat-free)

½ cup artificial sweetener brown sugar

2 tbsp milled flaxseed

1/4 cup bittersweet chocolate chips

Preheat oven to 350°F

Combine: egg, yogurt, brown sugar

Whisk well

Add: flax seed, oats, chocolate chips

Spray baking pan

Add mixture

Spread evenly

Bake for 30 minutes

Cut into 12 bars

Enjoy!