

Mango And Oats Serve Double Duty As Breakfast And Snack

(NAPS)—Whether it's back to school or back into the fall routine, the clock seems to speed up with shorter, action-packed days. Grabbing a breakfast on the go? Packing a lunch for finicky kids? Looking for afternoon snack options? These delightful Mango Oat Breakfast Bars will fuel the day with tropical flavor blended with the whole grain goodness of oats. They're a breeze to throw together, and the pureed mangos add natural sweetness along with important nutrients such as vitamins A and C—making this breakfast and snack a great choice for all ages. The next time you're running out the door, grab a Mango and Oats Bar and feel oh-so good. For more ways to include the flavorful mangos in everyday meals, visit www.mango.org.

Mango Oat Breakfast Bars

Prep time: 20 minutes

Cook time: about 55 minutes total

2 large ripe mangos, peeled, pitted and pureed

½ cup brown sugar

6 tablespoons butter, softened

1 egg

1 teaspoon vanilla extract

¾ cup rolled oats

½ cup flour

¼ cup oat bran

¾ teaspoon baking powder



¾ teaspoon cinnamon

¼ teaspoon salt

½ cup chopped walnuts

Place pureed mango in a medium saucepan. Simmer over medium-low heat for about 25 minutes, stirring frequently, until excess liquid has cooked off and mixture is very thick but still moist. Preheat oven to 375°F and spray an 8-inch square baking dish with non-stick cooking spray. Beat together brown sugar and butter in a medium bowl. Add egg and vanilla and mix until smooth. Stir in all remaining ingredients except walnuts. Spread into prepared pan, then spread mango mixture over top; sprinkle with walnuts. Bake for 30 minutes. Let cool completely before cutting into squares. Makes 9 breakfast bars.

Great for after-school snacks, too.

Mango Tips

- Mangos come in a variety of colors—green, yellow and red—and color isn't the best indicator of ripeness.
- Squeeze the mango gently to determine ripeness. A ripe mango should give slightly but not be too soft.
- To ripen firm mangos, store at room temperature. They will continue to ripen and become sweeter and softer.
- Once ripe, store mangos in the refrigerator to slow down ripening.
- Ripe mangos will keep for up to five days in the refrigerator.
- Learn more at www.mango.org.

Food Ideas

Mangos deliver sumptuous tropical flavor and a host of nutrients, making healthy eating a delightful sensory experience. Available year-round, the versatile mango adds delicious flavor to a balanced diet. A good source of dietary fiber, mangos contain over 20 different vitamins and minerals.

Mango Oat Breakfast Bars can fuel the day with tropical flavor blended with the whole grain goodness of oats. /// Mango And Oats Serve Double Duty As Breakfast And Snack

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