

Raspberry Oatmeal Bars

Portion Size: 1 each

Yield: 24

Ingredients:

Cooking Spray	as needed
Old Fashioned Oatmeal, Dry	2 cup
All Purpose Flour	2 cup
Light Brown Sugar	1-1/2 cup
Salt	1/2 tsp
Baking Soda	1/2 tsp
Canola Oil	1/3 cup
Apple Juice, 100%	1/2 cup
Raspberry Preserves	18 oz

Preparation:

1. Preheat oven to 325°F. Lightly oil a sheet pan with nonstick cooking spray; set aside.
2. In a large bowl, work together oats, flour, brown sugar, salt and baking soda until no lumps of brown sugar remain.
3. Drizzle oil and apple juice over the oats and mix until evenly moistened and crumbly.
4. Set aside 1/2 cup for the topping. Press the remainder evenly into the prepared sheet pan. Spread raspberry preserves over the top. Sprinkle with reserved oat topping.
5. Bake for 20-25 minutes, or until golden. Let cool in the baking pan on a wire rack.
6. Cut into 24 equal portions.

Chef Note: Raspberry preserves can be substituted with any fruit preserves of your choice.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
200	2	41	1	24	3.5	0	85



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