## **Oatmeal Whole Wheat Fruit Bars**



12 Servings		48 Servings		Divostione
Weight	Measure	Weight	Measure	Directions
4.25 oz 3 oz	1 cup 1 cup	14.8 oz 10.5 oz	3 ½ cups 3 ½ cups	Preheat conventional oven to 350° F or convection oven to 325° F.      Line page (a) with page beautiful and page (as a page by the p
3.6 02	½ cup ¼ tsp ½ tsp	13.3 02	1 1/4 cups 1 tsp 1/2 tsp	2. Line pan(s) with parchment (or spray/grease pan). Use one 8 X 8" square pan for 12 servings or one 13 X 18 X 1" half sheet pan for
1.9 oz	½ cup	6.25 oz	⅓ cup	48 servings.
1 oz	2 Tbsp	3.5 oz	7 Tbsp	3. In large bowl, thoroughly combine flour, oats, brown sugar, baking soda, and salt.
	1 Tbsp	2 oz	½ cup	4. Stir in vegetable oil, melted butter, and milk. Mix to form a crumbly mixture.
				5. Press about % of the crumb mixture (about 1 ½ cups for 12 servings or about 6 cups for 48 servings) evenly and firmly into the bottom of the prepared pan(s).
7.5 oz	Scant ⅔ cup	1 lb 8 oz	2 1/4 cup	<ol> <li>Spread fruit spread on top of the crumb base in pan(s). (*IF using substitute option of a pureed fruit mixture instead of fruit spread, bake the base 5 minutes before spreading fruit on top.)</li> <li>Sprinkle remaining crumb mixture evenly over fruit spread. Lightly press the crumbs into the spread.</li> <li>Bake for 35-40 minutes or until lightly browned.</li> <li>Allow to cool on wire rack before cutting into bars or squares.</li> <li>Cut 8 x 8" pan into 12 pieces (3x4) or 13 x 18" pan into 48 pieces (6x8)</li> </ol>
	Weight 4.25 oz 3 oz 3.8 oz 1.9 oz 1 oz	4.25 oz 1 cup 3 oz 1 cup 3.8 oz ½ cup ½ tsp ½ tsp 1.9 oz ¼ cup 1 oz 2 Tbsp  1 Tbsp  7.5 oz Scant ¾	Weight         Measure         Weight           4.25 oz         1 cup         14.8 oz           3 oz         1 cup         10.5 oz           3.8 oz         ½ cup         13.3 oz           ½ tsp         ½ tsp         1/4 tsp           ½ tsp         1/4 cup         6.25 oz           1 oz         2 Tbsp         3.5 oz           1 Tbsp         2 oz           7.5 oz         Scant ⅔         1 lb 8 oz	Weight         Measure         Weight         Measure           4.25 oz         1 cup         14.8 oz         3 ½ cups           3 oz         1 cup         10.5 oz         3 ½ cups           3.8 oz         ½ cup         13.3 oz         1 ¾ cups           ½ tsp         ½ tsp         ½ tsp           ½ tsp         ½ tsp         ½ tsp           1 oz         2 Tbsp         3.5 oz         7 Tbsp           1 Tbsp         2 oz         ¼ cup           7.5 oz         Scant ¾ 1 lb 8 oz         2 ¼ cup

<sup>\*</sup>Substitute options – Dried fruit simmered in minimal water until soft enough to puree; cool or refrigerate until used.

## Oatmeal Whole Wheat Fruit Bars, cont.

Serving Size – 1 piece (1.55 oz/44 grams)

Credits as 0.75 oz eq Grains in the School Nutrition Programs

Provides 15 grams whole grain per serving

## **Nutrition Facts** Serving Size (44g) Servings Per Container **Amount Per Serving** Calories from Fat 50 Calories 160 % Daily Value\* Total Fat 6g Saturated Fat 1.5g 8% Trans Fat 0g Cholesterol 5mg 2% Sodium 50mg 2% **Total Carbohydrate 26g** 9% Dietary Fiber 2g 8% Sugars 14g Protein 2g Vitamin A 2% Vitamin C 0% Calcium 2% Iron 6% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Total Fat Less than Saturated Fat Less than 20g 300mg Cholesterol Less than 300 mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g

Fat 9 · Carbohydrate 4 · Protein 4

Calories per gram:

## Ingredients by weight:

100% Fruit spread, whole wheat flour, brown sugar, rolled oats, vegetable oil, butter, milk (1%), baking soda, salt



Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: Texas Wheat Board, www.texaswheat.org, Texas Whole Wheat Jam Bar

Adapted and tested by Sharon Davis, Family and Consumer Sciences Education, Home Baking Association









