

# Oatmeal Whole Wheat Fruit Bars

Ingredients	12 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, whole wheat	4.25 oz	1 cup	14.8 oz	3 ½ cups	<ol style="list-style-type: none"> <li>1. Preheat conventional oven to 350° F or convection oven to 325° F.</li> <li>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 48 servings.</li> <li>3. In large bowl, thoroughly combine flour, oats, brown sugar, baking soda, and salt.</li> <li>4. Stir in vegetable oil, melted butter, and milk. Mix to form a crumbly mixture.</li> <li>5. Press about ⅔ 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).</li> <li>6. Spread fruit spread on top of the crumb base in pan(s). (<i>*IF using substitute option of a pureed fruit mixture instead of fruit spread, bake the base 5 minutes before spreading fruit on top.</i>)</li> <li>7. Sprinkle remaining crumb mixture evenly over fruit spread. Lightly press the crumbs into the spread.</li> <li>8. Bake for 35-40 minutes or until lightly browned.</li> <li>9. Allow to cool on wire rack before cutting into bars or squares.</li> <li>10. Cut 8 x 8” pan into 12 pieces (3x4) or 13 x 18” pan into 48 pieces (6x8)</li> </ol>
Rolled oats	3 oz	1 cup	10.5 oz	3 ½ cups	
Sugar, brown, packed	3.8 oz	½ cup	13.3 oz	1 ¾ cups	
Baking soda		¼ tsp		1 tsp	
Salt		⅛ tsp		½ tsp	
Oil, vegetable	1.9 oz	¼ cup	6.25 oz	⅞ cup	
Butter, unsalted, melted	1 oz	2 Tbsp	3.5 oz	7 Tbsp	
Milk, 1%		1 Tbsp	2 oz	¼ cup	
100% Fruit Spread*	7.5 oz	Scant ⅔ cup	1 lb 8 oz	2 ¼ cup	

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

