# Oatmeal Jam Bars

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*Chewy oat bars with fruity hints of apple and strawberry*



**Yield:** 16 servings

**Ingredients:**

1 cup all-purpose flour

1 cup quick oats, uncooked

¾ cup packed light brown sugar

½ tsp baking soda

¼ tsp salt

¼ tsp cinnamon

⅓ cup applesauce

¼ cup strawberry jam or fruit preserves\*

\*may substitute another flavor

**Method of Preparation:**

1. Preheat oven to 350°F.
2. Spray 9” square baking pan with nonstick cooking spray; set aside.
3. Combine flour, oats, brown sugar, baking soda, salt, and cinnamon in medium bowl; mix well. Add applesauce; stir with fork until mixture is crumbly.
4. Reserve ¾ cup crumb mixture for topping.
5. Press remaining crumb mixture evenly onto bottom of prepared pan.
6. Bake 5-7 minutes or until lightly browned.
7. Spread preserves onto crust; sprinkle with reserved crumb.
8. Bake 20-25 minutes or until golden brown.
9. Cool completely in pan on wire rack. Cut into 16 squares.

**Nutritional Analysis:** Per serving

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Calories: | 109 kcal | Fiber: | | | 0.9 g | | | Calcium: | | 5 mg | |
| Total Fat: | 0.4 g | Cholesterol: | | | 0 mg | | | Iron: | | 1 mg | |
| Saturated Fat: | 0.1 g | Vitamin D: | | | 0 mcg | | | Sodium: | | 75 mg | |
| Protein: | 1.5 g | Potassium | | 35 mg | | |
| Carbohydrates: | 25.5 g |  | | |  | | |  | |  | |
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