

Raspberry oatmeal bars

Raspberry Oatmeal Bars are made from delicious and nutritious Ontario oats and local raspberries. Oats are not only great for the environment, they are also a super healthy grain and can be made into many dishes!

Ingredients

- 1/2 cup unsalted butter, melted
- 1/2 cup granulated sugar
- 1/4 cup light brown sugar
- 1 tsp vanilla
- 1 cup all-purpose flour
- 3/4 cup whole-rolled oats
- Pinch salt to taste, optional
- 12 oz (approx.) raspberry preserves

Directions

1. Preheat oven to 350° F. Line 8-inch square pan with aluminum foil and cooking spray.
2. In a large bowl, add melted butter, sugars, vanilla, and whisk to combine.
3. Add the flour, oats, optional salt, and stir to combine.
4. Set 1 cup of mixture aside for the crumble topping.
5. Put remaining mixture in the prepared pan. Pack mixture to create an even, flat crust.
6. Evenly spread the raspberry preserves over the crust. Preserves should be 1/8-inch to 1/4-inch thick.
7. Sprinkle the 1 cup of crumble topping mixture onto the preserves.
8. Bake for about 30 to 32 minutes or until edges are set and it is lightly golden browned.
9. Allow to cool before serving.

Yield: 8 servings
Prep time: 15 minutes
Cook time: 30 - 32 minutes

GrainFact:

Whole grain oats contain soluble fibre - the kind of fibre that can lower bad cholesterol and manage blood sugar levels.



The logo for 'Good in Every Grain' features the text 'GOOD in every GRAIN' in a stylized font, with a circular emblem containing a grain stalk and the words 'ONTARIO FARMERS OF ONTARIO' below it.
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