



BERRY BLAST BARS

MAKES 12 BARS
SERVING SIZE:
1 BAR

INGREDIENTS

Non-stick cooking spray
1 cup flour
1 cup oats
1/2 cup brown sugar
1/4 teaspoon baking soda
Pinch of salt
1 egg
1/2 cup unsalted butter
2 tablespoons vegetable oil
1/4 cup milk
1/4 strawberry jam
1 cup strawberries, sliced

DIRECTIONS

- Preheat oven to 350°F
- Spray square baking dish with non-stick cooking spray
- Mix flour, oats, sugar, baking soda, salt, egg, butter, vegetable oil, and mix in a large bowl until a doughy mixture is formed.
- Measure out 1 1/2 cups of dough and press to the bottom of the pan.
- In a separate bowl, stir jam and strawberries. Spread mixture over the dough in the pan.
- Press the rest of the dough with your hands and put on top of the jam mixture. The dough will not completely cover the top.
- Bake for 25 minutes and let cool for 15 minutes.
- Cut into 12 bars.

