



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

Jenna Smith, MPH, RD

Nutrition & Wellness Educator

Serving McLean, Livingston, & Woodford Counties

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Raspberry Oatmeal Bars



Crust & topping:

1/2 cup all-purpose flour
1/4 cup packed brown sugar
3 Tablespoons butter
1 cup quick-cooking oats
2 Tablespoons unsweetened applesauce
1 Tablespoon orange juice

Filling:

1 Tablespoon all-purpose flour
1 Tablespoon packed brown sugar
1 1/2 teaspoons orange juice
2 cups raspberries

Instructions: Preheat oven to 375 OF. Lightly grease an 8x8-inch baking pan. To make the crust & topping: mix flour and sugar in a bowl. Cut butter into mixture until crumbly. Mix in oats. Set half aside for topping. For the remaining mixture, stir in applesauce and orange juice. Press in bottom of baking pan. To make the filling: combine flour, sugar, orange juice & raspberries. Stir until combined. Spread filling on crust. Sprinkle with topping. Bake for 40 to 45 minutes. Cool. Cut into 9 bars. Store in an airtight container in the refrigerator.

Yield: 9 servings

Nutrition Facts (per serving): 170 calories, 5 grams fat, 35 milligrams sodium, 28 grams carbohydrate, 3 grams fiber, 3 grams protein