



berry oat bars

SERVINGS

12

TIME

40 minutes

INGREDIENTS

- 1 ½ cup oats
- ½ cup brown sugar
- ¾ cup flour (white wheat, or your choice)
- ¼ teaspoon baking soda
- ¼ teaspoon ground cinnamon
- ¼ teaspoon salt
- ⅓ cup butter, melted
- 1 ½ cup berries, finely chopped
- ¼ cup berry preserves
- ½ teaspoon cornstarch

EQUIPMENT

- Square pan and parchment paper
- Mixing bowl (2)
- Measuring cups and spoons
- Spatula
- Cutting board and knife

DIRECTIONS

- Preheat oven to 350°F and line a square baking pan with parchment paper. (Size 8x8 or 9x9)
- Combine berries, preserves, and cornstarch in a small bowl. Stir and let sit.
- Combine oats, brown sugar, flour, baking soda, cinnamon, and salt in a mixing bowl. Pour in melted butter and stir to combine using a spatula.
- Press about 2 cups of the oat mixture into the bottom of a pan. Bake for about 20 minutes.
- When oat mixture comes out of the oven, spread berry mixture on top while still hot. Sprinkle the remaining oat mixture on top and return to the oven. Bake for about 20 minutes until the fruit is bubbling.
- Transfer to a rack. Let cool to set the bars.

TIPS TO INVOLVE THE KIDS

- Wash Hands and designate an area to get a bit messy!
- If appropriate, let kids cut the berries. Alternatively, you could mash them.
- Let the kids measure out the ingredients, stir, and assemble the bars.

EXTRA!

- These are a great after-school snack! Make a batch when strawberries or blueberries are in season.

