

Healthy recipes

Apricot Bars

Yield: 24 servings

Calories: 154

Fat: 4.1 g

Cholesterol: 0 mg

Sodium: 121 mg

Ingredients

Old-fashioned oats	2 cups
All-purpose flour	2 cups
Brown sugar	1 ½ cups
Salt	½ tsp
Baking soda	½ tsp
Canola oil	½ cup
Apple juice	3 oz
Apricot preserves	1 jar
Powdered sugar	optional

Directions

Preheat oven to 325°F. Lightly oil 13 x 9-inch pan with non-stick cooking spray; set aside. In a large bowl, work together oats, flour, brown sugar, salt and baking soda until no lumps of brown sugar remain. Drizzle oil and apple juice over the oats and mix in until evenly moistened and crumbly.

Set aside ½ mixture for topping; press the remainder evenly into the prepared baking pan. Spread apricot preserves over the top. Sprinkle with the reserved oat topping.

Bake for 30 – 40 minutes or until golden brown. Let cool in the baking pan. Cut into bars and sprinkle with powdered sugar (optional).

Tips

- Loaded with whole grains and flavor, these bars are a great way to get your family to increase the fiber in their daily diet.
- Do your kids dislike apricot flavor? Substitute strawberry preserves for the apricot spread!
- Looking for a fall version? Add ½ teaspoon of cinnamon in the mix and top with apple jelly spread instead of apricot preserves.