

Strawberry Oat Streusel Bar

Yield: 12 servings

Ingredients

- 1/3 cups old-fashioned rolled oats
- 1/3 cup packed light brown sugar
- 3/4 cup whole-wheat flour
- 1/4 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/3 cup olive oil
- 1 1/2 cups finely chopped fresh strawberries
- 3 tablespoons strawberry preserves, no added sugar
- 1 tablespoon sugar
- 1/2 teaspoon cornstarch

Instructions

1. Heat oven to 350 degrees.
2. Line an 8-inch-square baking pan with parchment paper, leaving a 2-inch overhang on two sides. Coat with cooking spray.
3. In a large bowl, combine: oats, brown sugar, flour, baking soda, cinnamon and salt.
4. Stir in olive oil.
5. Firmly press 2 cups of the oat mixture into the bottom of the prepared pan. (Reserve the rest for the topping.) Bake until fragrant and set, about 20 minutes.
6. Meanwhile, in a medium bowl, combine: strawberries, preserves, sugar and cornstarch. Spread the mixture evenly over the crust.
7. Sprinkle with the reserved oat mixture.
8. Bake until the topping is golden and the filling is bubbling, about 35 minutes. Let cool in the pan for 5 minutes. Using the overhanging parchment, carefully lift the bars out of the pan. Transfer to a wire rack to cool completely, about 1 hour. Cut into 12 bars.

Nutrition Information

Serving Size: 1 bar

Calories: 163
 Total Fat: 7 g
 Saturated Fat: 1 g
 Monounsaturated Fat: 4.4 g
 Polyunsaturated Fat: 0.7 g
 Sodium: 78 mg
 Total Carbohydrate: 23 g
 Dietary Fiber: 2.5 g
 Sugars: 9.6 g
 Protein: 2.7g

Source: Eating Well Magazine. Ivy Odom.



SPECTRUM HEALTH

Presented by
Culinary Medicine

X22753 FY19.10.64.E-9 © Spectrum Health 05.2019