



# Raspberry Oat Bars



## INGREDIENTS

- 2 tablespoons sugar
- 2 tablespoons cornstarch
- 1 package (10 ounces) frozen sweetened raspberries, thawed
- 1/4 teaspoon almond extract
- 1 cup quick-cooking oats
- 3/4 cup all-purpose flour
- 2/3 cup packed brown sugar
- 1/4 cup whole wheat flour
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 1/3 cup cold butter, cubed

## DIRECTIONS

In a small saucepan, combine sugar and cornstarch. Gradually stir in raspberries until blended. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Remove from the heat; stir in extract. Cool.

In a large bowl, combine the oats, flour, brown sugar, wheat flour, salt and vanilla. Cut in butter until mixture resembles coarse crumbs. Press 2-1/2 cups crumb mixture into a 9-in. square baking pan coated with cooking spray. Spread with cooled berry mixture. Sprinkle with remaining crumbs.

Bake at 350° for 25-30 minutes or until golden brown. Cool on a wire rack. Cut into bars.

## Nutrition Facts

Makes 2 dozen  
Serving Size: 1 bar

Per Serving: 95 calories, fat 3g (saturated fat 2g), sodium 45mg, carbohydrate 17g, sugars 10g, fiber 1g, protein 1g

Diabetic Exchanges  
1 starch, 1/2 fat.



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