

Oatmeal Jam Bars

Prep: 15 minutes | Cook: 35-40 minutes | Servings: 12

Ingredients

- ½ cup packed brown sugar
- ¾ c. to 1 cup whole wheat flour
- ¼ teaspoon baking soda
- 1/8 teaspoon salt
- 1 cup rolled oats
- ½ cup butter, softened
- Use scant 2/3 cup seedless raspberry jam, or other jam of choice

Directions

1. Preheat oven to 350 °F, grease one 8-inch square pan.
2. Combine brown sugar, flour, baking soda, salt and rolled oats. Rub in the butter using your hands or a pastry blender to form a crumbly mixture.
3. Press 2 cups of the mixture into the bottom of the prepared pan. Spread jam over the mixture to within ¼ inch of the pan edge.
4. Sprinkle the remaining crumb mixture over the top, and lightly press it into the jam.
5. Bake for 35 to 40 minutes or until lightly browned. Allow to cool before cutting into bars.
6. Cut the bars into the number of servings (12) on the recipe to meet the net weight (53g/2oz) on the Nutrition Facts Label.

Nutrition Facts

Serving Size (53g)
Servings Per Container

Amount Per Serving

Calories 200 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 55mg **2%**

Total Carbohydrate 32g **11%**

Dietary Fiber 2g **8%**

Sugars 20g

Protein 3g

Vitamin A 6% • Vitamin C 0%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Texas Wheat Producers Board and Association
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