

## Jam and Oat Bars

1 cup whole wheat flour  
1 cup uncooked quick oats  
½ teaspoon baking soda  
¼ teaspoon salt  
¼ teaspoon cinnamon  
¾ cup packed light brown sugar  
5 tablespoons Smart Balance™ tub margarine (regular not lite)  
¾ cup fruit preserves (raspberry, apricot, cherry or other)

Yield: 12 bars

Serving size: 1 bar

Calories: 203

Carbohydrate: 39 g

Protein: 2.5 g

Saturated Fat: 1 g

Fiber: 2 g

1. Preheat oven to 350 degrees F. Spray 9-inch square pan with nonstick cooking spray; set aside.
2. Combine flour, oats, soda, salt and cinnamon in medium bowl; mix well and set aside.
3. Combine brown sugar and Smart Balance™ in medium bowl and beat with mixer at medium speed until smooth.
4. Add the flour mixture to margarine mixture and stir until well-blended. Mixture will be crumbly.
5. Remove ¾ cup of mixture for topping. Press remaining crumb mixture evenly onto bottom of prepared pan. Then spread preserves evenly onto crust. Sprinkle with reserved crumb mixture.
6. Bake 20 to 25 minutes or until golden brown. Cool completely in pan on wire rack.
7. Cut into 12 squares.

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