



Apricot Bars

Serving Size: 2 1/4-inch X 2 1/4-inch piece

Yield: 16 servings

Ingredients:

Cooking spray

1 cup oatmeal, uncooked

1 cup all-purpose flour

1 cup brown sugar

1/2 teaspoon cinnamon

1/4 teaspoon salt

1/4 teaspoon baking soda

1 cup canola oil

5 tablespoons apple juice, divided

1/2 cup apricot jam

1 (7 ounce) package dried apricots, diced



Directions:

1. Preheat oven to 350°F. Spray a 9x9-inch baking dish with non-stick cooking spray. Set aside.
2. In a large bowl, mix together oatmeal, flour, brown sugar, cinnamon, salt, and baking soda.
3. In a small bowl, whisk oil and 3 tablespoons juice together and pour over oat mixture. Mix well.
4. Reserve 3/4 cup crumb mixture for topping. Press the remaining crumb mixture evenly into prepared baking pan.
5. In a small bowl, blend jam with remaining 2 tablespoons of juice. Stir in dried apricots.
6. Spread apricot mixture evenly over crust. Sprinkle reserved crumb mixture over apricots.
7. Bake for 35 minutes or until golden brown. Cool in pan on wire rack. Cut into bars.





Nutrition Facts: Calories 160; Calories from Fat 45; Total Fat 5g; Saturated Fat 0g; Trans Fat 0g; Cholesterol 0mg; Sodium 65mg; Total Carbohydrate 28g; Dietary Fiber 1g; Protein 2g; Vitamin A 15%; Vitamin C 2%; Calcium 2%; Iron 8%

Source: www.extension.org



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