

ORCHARD PEACH-APRICOT OATMEAL BARS



NUTRITION:

CALORIES 327kcal (16%) | CARBOHYDRATES 48g (16%) | PROTEIN 4g (8%) | FAT 15g (23%) | SATURATED FAT 9g (45%) | TRANS FAT 1g | CHOLESTEROL 36mg (12%) | SODIUM 223mg (9%) | POTASSIUM 271mg (8%) | FIBER 3g (12%) | SUGAR 30g (33%) | VITAMIN A 1211mg (24%) | VITAMIN C 6mg (7%) | CALCIUM 47mg (5%) | IRON 1 mg (6%)

SNACK

ORCHARD PEACH-APRICOT OATMEAL BARS



SERVES
12



METHOD
Bake



PREP TIME
15 Min



COOKING TIME
45 Min



DIFFICULTY
Low

BAR INGREDIENTS:

- 3/4 cup flour
- 1 cup brown sugar
- 2 cups rolled oats
- 1/2 tsp baking powder
- 1/2 tsp sea salt
- 3/4 cup butter, cold & cubed
- 15 ounce can sliced peaches (drained)
- 15 ounce can apricot halves (drained)

BROWN SUGAR CRUMBLE INGREDIENTS:

- 2 tbsp flour
- 1/3 cup brown sugar
- 1/2 tsp ground cinnamon
- 2 tbsp butter

INSTRUCTIONS

Preheat the oven to 350°F. Combine the flour, brown sugar, oats, baking powder and sea salt for the oatmeal bars together in a large bowl. Add the butter and mix with your hands to form a crumbly mixture. Press the mixture into a 9 x 13 baking dish sprayed with cooking spray. Place the peaches and apricots on top. Combine the flour, brown sugar and cinnamon for the crumble in a small bowl. Add the remaining butter, mix into a coarse crumble and sprinkle over the peaches and apricots. Bake for 45-50 minutes. Allow to cool AT LEAST 30 minutes before slicing into bars. Store leftover bars in the refrigerator for up to 3 days.

