

Fruit and Oatmeal Bars

Rating: ★★

Makes: 9 Servings

Straight from the White House kitchen to you! These hearty bars are packed with oats, seeds, and dried fruit. A great snack alone or a healthy addition to any meal.

Ingredients

- 6 tablespoons** grapeseed oil (or other neutral oil, plus extra for brushing pan)
- 2 cups** quick oats
- 1/2 cup** mixed seeds, such as pumpkin, sunflower and sesame
- 1/2 cup** honey
- 1/3 cup** dark brown sugar
- 1/3 cup** maple syrup
- pinch of salt
- 1 1/2 cups** mixed dried fruit, such as raisins, cherries, apricots, papaya, pineapple and cranberries (at least 3 kinds, cut into small dime size pieces if large)
- 1 teaspoon** ground cardamom or cinnamon

Directions

1. Heat oven to 350 degrees Fahrenheit.
2. Line a 9 inch square baking pan with parchment paper or foil, letting a few inches hang over side of pan. Brush with oil.
3. Spread oats and seeds on another baking pan and toast in oven just until golden and fragrant, 6 to 8 minutes, shaking pan once.
4. In a saucepan, combine oil, honey, brown sugar, maple syrup and salt. Stir over medium heat until smooth and hot.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	355	
Total Fat	13 g	20%
Protein	4 g	
Carbohydrates	59 g	20%
Dietary Fiber	4 g	16%
Saturated Fat	2 g	10%
Sodium	49 mg	2%

MyPlate Food Groups

Fruits	1/4 cup
Grains	1 ounce
Protein Foods	1/2 ounce

In a mixing bowl, toss together toasted oats and seeds, dried fruit and cardamom. Pour hot sugar mixture over and stir until well combined.

5. While mixture is warm, transfer to a prepared pan, pressing into pan evenly with an offset spatula.

6. Bake until brown, 25 to 30 minutes. Transfer pan to a rack and let cool completely. Using the overhanging foil or paper, lift out of pan and place on a work surface.

7. Cut into bars, about 1 1/2 inches by 3 inches.

Healthy Recipes from the White House to You