



Crumbly Oat and Apricot Bars

 Vegetarian

READY IN



200 min.

SERVINGS



16

CALORIES



236 kcal

DESSERT

Ingredients

- 0.3 cup apricot preserves
- 2 cups apricot dried
- 0.3 cup flour all-purpose
- 0.5 cup honey
- 0.5 cup brown sugar light packed
- 3 cups rolled oats instant (not)
- 1.5 teaspoons salt fine
- 8 tablespoons butter unsalted plus more for coating the baking dish (1 stick)

- 0.8 teaspoon vanilla extract
- 0.8 cup water
- 0.3 cup flour whole-wheat

Equipment

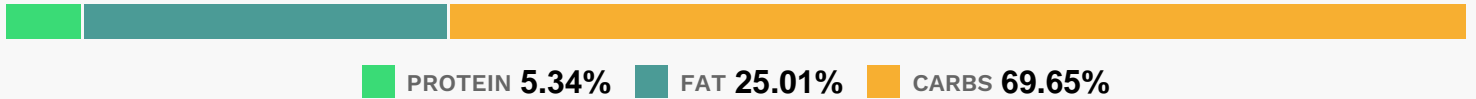
- food processor
- bowl
- sauce pan
- oven
- wire rack
- baking pan
- measuring cup
- slotted spoon

Directions

- Heat the oven to 350°F and arrange a rack in the middle. Generously coat an 8-by-8-inch baking dish with butter and set it aside.
- Place the apricots in a medium heatproof bowl.
- Place the water in a small saucepan and bring it to a boil over high heat.
- Place the oats, both flours, and the salt in a large heatproof bowl and stir to combine.
- Place the measured butter, 1/2 cup of the honey, and the brown sugar in the reserved saucepan. Bring to a boil over medium-high heat and cook, stirring occasionally, for 5 minutes. Immediately pour the butter mixture over the oat mixture and stir until the oats are evenly coated. When the mixture's cool enough to handle but still warm, use a measuring cup to evenly press half of it (about 1 1/2 cups) into the bottom of the prepared baking dish; set it aside. Using a slotted spoon, transfer the apricots to a food processor fitted with the blade attachment and discard any remaining liquid.
- Add the remaining 3 tablespoons of honey, the jam, and vanilla extract to the food processor and process until the mixture is mostly smooth (some small pieces will remain), about 1 minute.

- Spread the apricot filling evenly over the oat base. Evenly sprinkle the remaining oat mixture over the apricot filling and gently press it in with your fingers.
- Bake until the top is browned, about 30 to 40 minutes. (If you're using a glass or ceramic baking dish, it may take 5 minutes longer.)
- Remove from the oven to a wire rack and let cool completely before cutting into squares, about 1 to 2 hours.

Nutrition Facts



Properties

Glycemic Index:12.54, Glycemic Load:12.49, Inflammation Score:-6, Nutrition Score:6.7656521052122%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 235.75kcal (11.79%), Fat: 6.85g (10.54%), Saturated Fat: 3.78g (23.64%), Carbohydrates: 42.93g (14.31%), Net Carbohydrates: 39.83g (14.48%), Sugar: 26.38g (29.31%), Cholesterol: 15.05mg (5.02%), Sodium: 226.31mg (9.84%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 3.29g (6.58%), Manganese: 0.73mg (36.28%), Vitamin A: 770.91IU (15.42%), Fiber: 3.1g (12.38%), Selenium: 7.52µg (10.74%), Phosphorus: 88.14mg (8.81%), Potassium: 275.85mg (7.88%), Magnesium: 31.48mg (7.87%), Iron: 1.41mg (7.83%), Copper: 0.14mg (7.22%), Vitamin B1: 0.11mg (7.05%), Vitamin E: 0.96mg (6.37%), Zinc: 0.74mg (4.91%), Vitamin B3: 0.89mg (4.47%), Vitamin B2: 0.06mg (3.54%), Folate: 12.9µg (3.22%), Vitamin B5: 0.31mg (3.06%), Vitamin B6: 0.06mg (2.82%), Calcium: 27.58mg (2.76%), Vitamin K: 1.35µg (1.29%)