



## Heavenly Apricot Cobbler Bars

 Dairy Free

READY IN



45 min.

SERVINGS



28

CALORIES



76 kcal

DESSERT

### Ingredients

- 0.1 teaspoon almond extract
- 0.8 cup apricot preserves
- 0.3 cup brown sugar packed
- 1.3 cups flour all-purpose
- 0.3 cup powdered sugar
- 0.5 cup granola without raisins low-fat crushed (such as Kellogg's Granola without Raisins)
- 0.3 teaspoon salt
- 5 tablespoons stick margarine softened

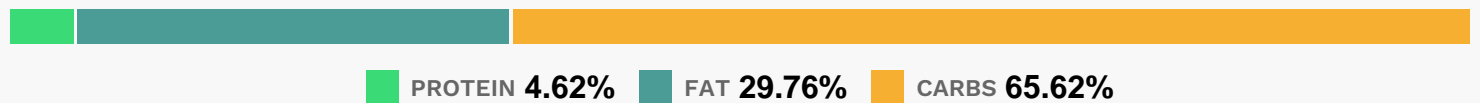
## Equipment

- oven
- knife
- blender
- baking pan
- measuring cup

## Directions

- Preheat oven to 35
- Beat butter at medium speed of a mixer until light and fluffy.
- Add sugars, salt, and extract, beating well. Lightly spoon flour into dry measuring cups, and level with a knife. Gradually add flour to butter mixture, beating until moist.
- Remove 1/3 cup flour mixture, and set aside.
- Press remaining flour mixture into bottom of an 8-inch square baking dish.
- Bake at 350 for 15 minutes or until lightly golden. Gently spread preserves over warm shortbread.
- Combine 1/3 cup flour mixture with granola; sprinkle over preserves.
- Bake at 350 for an additional 20 minutes or until golden brown. Cool.

## Nutrition Facts



## Properties

Glycemic Index:2.68, Glycemic Load:3.08, Inflammation Score:-1, Nutrition Score:1.3913043578682%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 76.49kcal (3.82%), Fat: 2.59g (3.98%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 12.83g (4.28%), Net Carbohydrates: 12.54g (4.56%), Sugar: 6.17g (6.85%), Cholesterol: 0mg (0%), Sodium: 49.6mg (2.16%), Alcohol: 0.01g (100%), Alcohol %: 0.04% (100%), Protein: 0.9g (1.81%), Manganese: 0.1mg (5.02%), Selenium: 2.43µg (3.46%), Vitamin B1: 0.05mg (3.39%), Folate: 11.06µg (2.77%), Iron: 0.4mg (2.22%), Vitamin A: 107.44IU (2.15%), Vitamin B2: 0.03mg (2%), Vitamin B3: 0.36mg (1.78%), Phosphorus: 13.31mg (1.33%), Vitamin E: 0.18mg (1.18%), Fiber: 0.28g (1.13%), Copper: 0.02mg (1.09%)