

# Oatmeal Coconut Raspberry Bars

 Vegetarian

READY IN



4500 min.

SERVINGS



24

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1.3 cups flour all-purpose
- 0.3 cup granulated sugar
- 0.8 cup brown sugar light packed
- 1.5 cups rolled oats
- 0.8 cup raspberry jam seedless
- 0.5 teaspoon salt
- 1.5 cups coconut sweetened flaked
- 0.8 cup butter unsalted cold cut into pieces

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- knife
- baking pan
- cutting board

## Directions

- Preheat oven to 375°F.
- Spread 3/4 cup coconut evenly on a baking sheet and toast in middle of oven, stirring once, until golden, about 8 minutes, then cool.
- Blend together flour, sugars, and salt in a food processor, then add butter and blend until a dough begins to form.
- Transfer to a bowl and knead in oats and toasted coconut until combined well.
- Reserve 3/4 cup dough, then press remainder evenly into bottom of a buttered 13- by 9-inch metal baking pan and spread jam over it. Crumble reserved dough evenly over jam, then sprinkle with remaining 3/4 cup (untoasted) coconut.
- Bake in middle of oven until golden, 20 to 25 minutes, then cool completely in pan on a rack. Loosen from sides of pan with a sharp knife, then lift out in 1 piece and transfer to a cutting board.
- Cut into 24 bars.
- Bars can be made 3 days ahead and kept in an airtight container at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:10, Glycemic Load:10.18, Inflammation Score:-2, Nutrition Score:3.0152174163124%

## Nutrients (% of daily need)

Calories: 181.67kcal (9.08%), Fat: 7.65g (11.77%), Saturated Fat: 5.11g (31.96%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 25.96g (9.44%), Sugar: 15.93g (17.7%), Cholesterol: 15.25mg (5.08%), Sodium: 70.15mg (3.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.23%), Manganese: 0.29mg (14.42%), Selenium: 4.91µg (7.01%), Fiber: 1.33g (5.32%), Vitamin B1: 0.08mg (5.15%), Iron: 0.7mg (3.9%), Folate: 15.15µg (3.79%), Phosphorus: 37.12mg (3.71%), Vitamin A: 177.27IU (3.55%), Magnesium: 12.32mg (3.08%), Vitamin B2: 0.05mg (3.04%), Copper: 0.06mg (3%), Vitamin B3: 0.49mg (2.46%), Zinc: 0.28mg (1.89%), Potassium: 63.57mg (1.82%), Calcium: 13.78mg (1.38%), Vitamin E: 0.2mg (1.35%), Vitamin C: 0.94mg (1.13%), Vitamin B5: 0.11mg (1.12%)