



Strawberry-Apricot-Oat Squares

 Vegetarian

READY IN



140 min.

SERVINGS



16

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup flour whole wheat
- 0.5 cup oats
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 teaspoon salt
- 0.8 cup brown sugar packed
- 0.3 cup canola oil
- 1 teaspoon vanilla

- 1 eggs
- 0.5 cup strawberry jam
- 0.5 cup apricot dried
- 2 tablespoons rolled oats
- 2 teaspoons butter

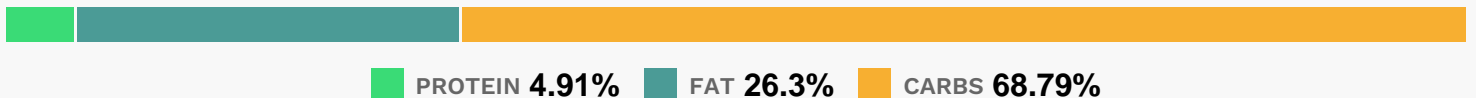
Equipment

- bowl
- frying pan
- oven
- blender

Directions

- Heat oven to 350°F. Spray 8- or 9-inch square pan.
- In large bowl, mix flour, 1/2 cup oats, the baking powder, baking soda and salt; set aside. In medium bowl, stir brown sugar, oil, vanilla and egg with fork until smooth; stir into flour mixture until blended. Reserve 1/2 cup dough in small bowl for topping.
- Pat remaining dough in pan (if dough is sticky, spray fingers with cooking spray or lightly flour).
- Spread preserves over dough; sprinkle with apricots.
- Add 2 tablespoons oats and the butter to reserved dough; mix with pastry blender or fork until crumbly. Drop small spoonfuls of oat mixture evenly over apricots.
- Bake 25 to 28 minutes or until top is golden and firm. Cool completely, about 1 hour 30 minutes. For squares, cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:20.96, Glycemic Load:5.89, Inflammation Score:-2, Nutrition Score:4.1399999831034%

Nutrients (% of daily need)

Calories: 156.4kcal (7.82%), Fat: 4.71g (7.24%), Saturated Fat: 0.74g (4.6%), Carbohydrates: 27.7g (9.23%), Net Carbohydrates: 26.17g (9.52%), Sugar: 17.44g (19.38%), Cholesterol: 11.57mg (3.86%), Sodium: 98.7mg (4.29%), Alcohol: 0.09g (100%), Alcohol %: 0.25% (100%), Protein: 1.98g (3.96%), Manganese: 0.46mg (23.15%), Selenium: 6.99µg (9.99%), Vitamin E: 0.92mg (6.12%), Fiber: 1.53g (6.12%), Phosphorus: 55.12mg (5.51%), Magnesium: 21.21mg (5.3%), Iron: 0.72mg (3.97%), Vitamin B1: 0.06mg (3.88%), Copper: 0.07mg (3.73%), Vitamin A: 177.56IU (3.55%), Potassium: 112.38mg (3.21%), Vitamin K: 2.91µg (2.77%), Vitamin B3: 0.52mg (2.62%), Calcium: 26.13mg (2.61%), Vitamin B6: 0.05mg (2.54%), Zinc: 0.37mg (2.43%), Vitamin B2: 0.04mg (2.39%), Folate: 7.34µg (1.84%), Vitamin B5: 0.15mg (1.51%), Vitamin C: 0.98mg (1.18%)