

# Berry Blast Bars

*From North Carolina Expanded Food and Nutrition Education Program*

### Ingredients

- 1 cup flour
- 1 cup oats
- 1/2 cup brown sugar
- 1/4 teaspoon baking soda
- Pinch of salt
- 1 egg
- 1/2 cup unsalted butter
- 2 tablespoons vegetable oil
- 1/4 cup milk
- 1/4 cup strawberry jam
- 1 cup strawberries

### Directions

1. Preheat oven to 350°F.
2. Spray square baking dish with non-stick cooking spray.
3. Mix flour, oats, sugar, baking soda, salt, egg, butter, vegetable oil, and milk in a large bowl until a doughy mixture is formed.
4. Measure out 1½ cups of dough and press to the bottom of pan.
5. In a separate bowl, stir jam and strawberries. Spread mixture over the dough in the pan.
6. Press the rest of the dough with your hands and put on top of jam mixture. The dough will not completely cover the top.
7. Bake for 25 minutes and let cool for 15 minutes.
8. Cut into 12 bars.



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## Nutrition Information

Servings: 12 bars  
Total Calories: 180  
Total Fat: 7g  
Saturated Fat: 2.5g  
Protein: 3g  
Carbohydrates: 26g  
Dietary Fiber: 1g  
Sodium: 60mg



**Substitutions:** Blueberries, Blackberries, Raspberries



**Storage:** They are difficult to transport and only have a refrigerated shelf life of 2 days. Don't wash berries (both from the grocery store and from the field) until you are ready to eat them. Washing sooner is a recipe for mold.



**Tip:** Spread jam all the way to edges to be sure every bite is filled with flavor.

To find local farmers' markets in North Carolina,  
visit [myeatSMARTmove.com/FarmersMarkets](http://myeatSMARTmove.com/FarmersMarkets)



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