

Raspberry Scottish Shortbread

written by admin | March 7, 2011

I've always loved baking, but my favorite recipes called for lots of white flour, butter, eggs, and sugar. These oat bars are a tasty treat on the healthier side. They're called shortbread but the texture is more like a soft granola bar. Easy to make and yummy!



Equipment:

9 x 9 baking pan

Ingredients:

2/3 cup whole wheat pastry flour (all-purpose is fine)
1/2 tsp salt
3 cups quick-cooking oatmeal
2/3 cup vegetable oil (I used canola)
1/2 cup maple syrup
2 tsp vanilla
1/2 cup fruit-only raspberry jam (or your favorite flavor)

Directions:

1. Preheat the oven to 350.
2. Sift the flour and salt into the dry oatmeal(I just put them in a bowl and mix.)
3. Add the oil to the dry ingredients and mix well.
4. Add the maple syrup and vanilla and mix well.
5. Lightly oil a 9x9 pan. Cover the bottom of the pan with half the oatmeal mixture, pressing firmly into place with fingers.
6. Spread jam evenly over the mixture to cover. (I stir the jam first)
7. Cover with remaining oatmeal mixture, pressing gently with your fingers to pack it in tightly.
8. Bake for 35 minutes. Let cool 15 minutes.

from Lindsay Wagner's cookbook "High Road To Health"

