

# Texas Wheat

## WHOLE WHEAT JAM BARS



Source:  
[TexasWheat.org](http://TexasWheat.org)  
[HomeBaking.org](http://HomeBaking.org)

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Prep: 15 minutes | Bake: 35 - 40 minutes | Servings: 12

## INGREDIENTS

- 1 cup (120g) whole wheat flour
- ½ cup (110g) packed brown sugar
- 1 cup (85g) rolled oats
- ¼ cup (55g) vegetable oil
- 2 Tablespoons (1 oz/28g) butter, softened
- 1 Tablespoon (15g) 1% milk
- ¼ teaspoon (1.15g) baking soda
- 1/8 teaspoon (0.75g) salt
- Use scant 2/3 cup (200g) favorite 100% fruit spread of choice

## DIRECTIONS

Preheat oven to 350 °F and grease one 8-inch square pan. Combine flour, brown sugar, rolled oats, vegetable oil, milk, baking soda, and salt. Add butter using your hands or a pastry blender to form a crumbly mixture. Press 2 cups of the mixture into the bottom of the prepared pan. Spread fruit spread over the mixture to within ¼ inch of the pan edge. Sprinkle the remaining crumb mixture over the top, and lightly press it into the spread. Bake for 35 to 40 minutes or until lightly browned. Allow to cool before cutting into bars.

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Nutrition Facts: 1 (1.8 oz/52g) bar provides: 190 calories; 60 calories from fat; Total fat 7g; Sat. fat 2g; Trans fat 0g; Sodium 55mg; Total carbohydrate 30g; whole grains 17g; sugars 16g; dietary fiber 2g; dietary fiber 2g. 6% DV iron; 2% DV of Calcium and Vit. A. 0% Vit. C