

**Texas
Wheat**

whole wheat
JAM BARS



WHOLE WHEAT JAM BARS

INGREDIENTS

- ½ cup packed brown sugar
- ¾ cup to 1 cup whole wheat flour
- ¼ teaspoon baking soda
- 1/8 teaspoon salt
- 1 cup rolled oats
- ½ cup butter, softened
- Use scant 2/3 cup seedless raspberry jam, or other jam of choice

DIRECTIONS

Preheat oven to 350 °F and grease one 8-inch square pan. Combine brown sugar, flour, baking soda, salt and rolled oats. 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 jam 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 jam. Bake for 35 to 40 minutes or until lightly browned. Allow to cool before cutting into bars.

Calories per serving (200); 8g Fat (5g Sat. Fat); 32g Carbs; 3g Protein