



Niagara County Office for the Aging
111 Main Street, Suite 101
Lockport, NY 14094
Eat Well...Stay Well Dining Program
439-4030

*Recipe provided by Niagara County Office for the Aging,
Eat Well...Stay Well Dining Program*

Oatmeal-Raspberry Bars

This was a high fat recipe made with butter or margarine. I have improved it by adding canola oil and taking away the butter. The taste is still there, but these are much more heart healthy.

1 pkg. Yellow Cake Mix
2 ½ cup quick-cooking oats
½ cup vegetable oil like canola oil
¼ cup water
1 cup raspberry preserves or jelly or other flavor
1 T. water to thin the jelly

1. Preheat oven to 375 degrees. Grease 13 X 9 inch pan.
2.
2. Combine dry cake mix and oats in a large bowl, and vegetable oil and ¼ cup water and stir until crumbly. Measure off of the mixture into the bottom of the 13 X 9 inch pan and press down to form a crust. Combine preserves and 1 T. water until mixed. Spread over the crust in pan. Add the rest of the crumbly mixture over the top and press down slightly again to even it out.
3. Bake at 375 degrees for 18-23 minutes or until top is light brown. Cool in pan and cut into bars. Store in airtight container.