

Cooking with the DIETITIANS

STRAWBERRY OAT SQUARES

Time: 45 minutes / Servings: 12

INGREDIENTS

Filling:

- 2 Tbsp cornstarch
- 2 Tbsp warm water
- 2 cups strawberries, diced
- ¼ cup maple syrup
- 1 Tbsp granulated sugar

Oatmeal Base/Topping:

- 2 ¼ cup oats
- 1 tsp ground cinnamon
- 1 cup unsalted nut butter (peanut/almond/etc)
- ¼ cup maple syrup
- ¼ cup apple sauce
- 1 large egg, beaten
- ½ cup sliced/chopped almonds



DIRECTIONS

1. Filling: Mix cornstarch and water until all cornstarch has dissolved. Set aside.
2. Combine strawberries, syrup, and sugar together in small saucepan over medium heat. Bring to boil and stir well. Remove from heat and add cornstarch mixture. Mix until combined and set aside to cool slightly.
3. Preheat oven to 325F. Spray small baking dish with cooking spray or line dish with foil.
4. In a large bowl, combine oats, cinnamon, nut butter, syrup, apple sauce, and egg. Mix until oats are moistened and mixture is combined. Set aside ½ cup of mixture for topping.
5. Press remaining mixture into the bottom of the baking dish. Spread strawberry filling on top.
6. Add sliced almonds to oat mixture you set aside. Crumble this over the strawberry filling and press it down firmly into filling.
7. Bake for 25-30 minutes. Topping should be lightly brown. Depending on the size of the baking dish, you may choose to cut into 9, 12, or even 15 squares.

NUTRITION FACTS (PER SERVING):

Calories: 247 Total Fat: 14g Saturated Fat: 2g Cholesterol: 16mg Sodium: 17mg Potassium: 133mg Carbohydrates: 24g Fiber: 3g Sugar: 11g Protein: 9g Vitamin A: 1% Vitamin C: 25% Calcium: 4% Iron: 7%

Recipe adapted from: <http://sallysbakingaddiction.com/2013/07/10/healthy-strawberry-oat-squares>

A collaboration with USF Dining