

Baked Oat and Fruit Bars

Ingredients:

- 1 cup whole-wheat flour
- $\frac{3}{4}$ cup old-fashioned oats
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{3}$ cup butter, chopped
- 2 large egg yolks
- 2 tablespoons plain Greek yogurt
- 2 tablespoons honey or agave
- 1 tablespoon vanilla extract
- 1 cup homemade or organic fruit jam
- Almond milk, as needed

Instructions:

1. Preheat the oven to 350°F and line a baking sheet with parchment paper.
2. Whisk together the whole-wheat flour, oats, cinnamon, and salt in a mixing bowl.
3. Cut in the butter with a fork or pastry cutter until a crumbled mixture forms.
4. In a separate bowl, whisk together the egg yolks, yogurt, honey, and vanilla until well blended.
5. Stir the wet ingredients into the dry then add water 1 tablespoon at a time until the mixture comes together into a ball of dough.
6. Turn out the dough onto a floured surface and roll it to 1/8-inch thickness.
7. Cut the dough into rectangles about 4-by-4.5 inches.
8. Spoon a tablespoon of jam into the middle of each square, brush the edges with almond milk.
9. Fold the long sides together and pinch them together in the middle, sealing the dough.
10. Pinch the edges together to seal the dough then turn it seam-side down on the baking sheet.
11. Cover the baking sheet and freeze for 10 minutes then brush the tops with almond milk.
12. Bake for 15 to 20 minutes until the tops are lightly browned then cool for 10 minutes.
13. Store the bars in a lidded glass container between sheets of parchment.