

Fruit & Oat Bars

with Strawberry, Mango, Coconut Filling



Crust

1 cup Old Fashioned Rolled Oats
1 cup flour
2/3 cup packed brown sugar
1/4 tsp baking soda
1/2 cup butter

Filling (for a time save use 1 cup of jarred jam or preserves)

1 cup frozen strawberries
1/2 cup frozen mango chunks
1/4 cup shredded sweetened coconut
1/2 cup sugar

Prepare crust. Combine oats, flour, sugar, and baking soda in a medium bowl. Cut in butter until mixture is the size of coarse crumbs. Reserve 1/2 to 2/3 cup of mixture. Press remaining mixture into a 9 X 9 X 2 inch baking pan.

Make filling. Place strawberries, mango, coconut, and sugar in medium saucepan. Stir together while cooking over medium heat. Use a potato masher to break up any large chunks of fruit. Cook until fruit is soft and mixture is thick like jam.

Spread filling over the pressed crust. Sprinkle with reserved crumb mixture. Bake in a 350° F oven for 30 minutes until the top is golden. Cool in pan, then cut into bars.