

Cherry Oatmeal Bars



Recipe Courtesy Chef Bryan Woolley

Crust:

1 cup flour
1 cup old fashioned oats
1/2 cup brown sugar
1/4 tsp salt
1/4 tsp baking soda
1 tsp cinnamon
6 tbsp melted butter
2 tbsp fresh lemon juice

1. Combine the melted butter and lemon juice and set aside.
2. In a medium size bowl mix the other ingredients together until well combined.
3. Add the butter and lemon juice and stir until mixture is crumbly.
4. Reserve about a quarter of the crumb mixture and press the rest of the batter into an 11 x 7 baking dish.

Filling:

1 1/2 cup dried cherries
3/4 cup low fat sour cream
1/4 cup Splenda™ sugar blend
2 tbsp flour
1 tsp vanilla
1/2 tsp lemon zest
1 large egg white, lightly beaten

5. Combine filling ingredients together in a large bowl and mix them all together.
6. Spread over prepared filling. Sprinkle the remaining filling over the top.
7. Bake in a 350 degree oven for about 35 minutes or until edges are golden.
8. Remove from oven and allow to cool. Makes 24 squares.

Nutrition Facts

Serving Size: 1 square

Calories	120
Total Fat	4g
Saturated Fat	2.5g
Cholesterol	10mg
Sodium	65mg
Carbohydrate	18g
Dietary Fiber	3g
Sugars	8g
Protein	2g

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