

Raspberry Bars

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24

Serving size: 1 bar

Ingredients	Quantity	Measure
Unbleached all-purpose flour	2 ½	cups
Sugar, granulated	½	cup
Non-dairy margarine	1	cup
*Raspberry jam	1 ½	cups

Preparation

1. In a large bowl, mix flour, sugar, and non-dairy margarine together.
2. Divide dough into thirds. Press 2/3 of dough in a quarter sheet pan.
3. Bake at 350 degrees Fahrenheit for 8-10 minutes.
4. Allow to cool slightly. Spread jam on top of bars.
5. Crumble last third of dough on top of bars.
6. Bake again until golden brown, about 10-15 minutes.

Notes

*Sugar-free jam can be used or prepare the jam using thawed frozen raspberries, smash and sweeten with Splenda-like sweetener or preferred sweetener.

Serving Information

Cut into 12 squares and then into 24 triangles. Drizzle with frozen, thawed raspberries.

Nutrition Information

 *From USDA Nutrient Database

Calories: 152 Total Fat: 7.5g Saturated Fat: 1.9g Monounsaturated Fat: 4.4g Polyunsaturated Fat: .9g Trans Fat: 2.3g Cholesterol: 0mg Carbohydrate: 19.8g Fiber: .4g Total Sugars: 10.6g Protein: 1.4g Sodium: 82mg Vitamin A: 96µg Vitamin C: 0mg Calcium: 6mg Iron: .5mg Folate: 0µg

