

Fruit Bars

Ingredients

3/4 (three-quarter) cup butter or soy margarine
1/4 (one-quarter) cup packed brown sugar or vegan sugar
1/4 (one-quarter) cup light corn syrup or maple syrup
2 3/4 (two and three-quarter) cups uncooked old-fashioned oatmeal
2/3 cup dried apricots, chopped
1/2 (one-half) cup pitted dates, chopped
1/2 (one-half) cup raisins

Method

Preheat oven to 400 degrees. Butter a 11x7-inch baking pan. Place butter, sugar and corn syrup in a large saucepan. Stir continuously over medium heat until melted. Remove from heat. Stir oatmeal into mixture. Spread half into bottom of pan to form a thin layer. Press with back of a spoon to compact mixture and smooth top. In a bowl, mix apricots, dates and raisins together. Sprinkle evenly over top of packed mixture. Spread remaining mixture on top of fruit and press with spoon again. Bake 20 minutes or until lightly browned. Cool five minutes and score into squares. Leave in pan to cool completely. Cut in squares and lift out with a small spatula. Store in airtight container and chill. Yields 24 servings.