

Oatmeal Plum Bars

Ingredients:

- 1/2 cup butter softened
- 1/2 cup brown sugar
- 1 egg
- 1 cup flour
- 1 cup old fashioned oats
- 1/4 teaspoon salt
- 8-10 dried plums cut into fourths
- 3/4 cup chocolate chips
- 1/2 cup shredded coconut



Directions:

1. Preheat the oven to 350 degrees.
2. In a medium bowl, cream the butter and brown sugar until light and fluffy. Add the egg and mix until combined. Add the flour, oats and salt and mix until combined. Fold in the plums, chocolate chips and shredded coconut.
3. Spread the mixture in a greased or parchment lined 9x9 baking dish. Bake 24-28 minutes, or until lightly browned on top. Let cool before slicing.

Adapted from Source: <https://californiaprunes.org/recipe/oatmeal-prune-bars/>

Nutrition Facts	
12 servings per container	
Serving size	1 bar (85g)
Amount per serving	
Calories	330
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 65mg	3%
Total Carbohydrate 52g	19%
Dietary Fiber 6g	21%
Total Sugars 35g	
Includes 8g Added Sugars	16%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 1mg	6%
Potassium 287mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Oatmeal Plum Bars

Ingredients:

- 1/2 cup butter softened
- 1/2 cup brown sugar
- 1 egg
- 1 cup flour
- 1 cup old fashioned oats
- 1/4 teaspoon salt
- 8-10 dried plums cut into fourths
- 3/4 cup chocolate chips
- 1/2 cup shredded coconut



Directions:

1. Preheat the oven to 350 degrees.
2. In a medium bowl, cream the butter and brown sugar until light and fluffy. Add the egg and mix until combined. Add the flour, oats and salt and mix until combined. Fold in the plums, chocolate chips and shredded coconut.
3. Spread the mixture in a greased or parchment lined 9x9 baking dish. Bake 24-28 minutes, or until lightly browned on top. Let cool before slicing.

Adapted from Source: <https://californiaprunes.org/recipe/oatmeal-prune-bars/>

Nutrition Facts	
12 servings per container	
Serving size	1 bar (85g)
Amount per serving	
Calories	330
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 65mg	3%
Total Carbohydrate 52g	19%
Dietary Fiber 6g	21%
Total Sugars 35g	
Includes 8g Added Sugars	16%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 1mg	6%
Potassium 287mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	