



Nutrition News

Nutrition and Education Programs

September 2022

Enjoy More Fruits and Vegetables



- Eat the rainbow of vegetables and fruits to ensure you receive all your vitamins and minerals. Eating a variety of produce maximizes nutritional benefit.
- Fresh, frozen and canned vegetable and fruit are all good options. As long as you are eating vegetables and fruit, you are on track. When purchasing canned or frozen varieties make sure they are low sodium and no-sugar options.
- Based on a 2000-calorie diet, seniors should eat 2 1/2 cups of both fruits and vegetables per day.
- Summer is a great opportunity for growing your own produce. Look for seasonal vegetables and fruits in your local grocery store. Don't forget the farmers market to get the freshest local produce.



Healthy Strawberry Oatmeal Bars

PREP:20 mins **COOK:**35 mins

TOTAL:55 mins

SERVINGS: 16 bars



Ingredients

For the Strawberry Bars:

1 cup old-fashioned rolled oats gluten free if needed

3/4 cup white whole wheat flour or substitute all-purpose flour or 1:1 baking flour to make gluten free

1/3 cup light brown sugar

1/4 teaspoon ground ginger

1/4 teaspoon kosher salt

6 tablespoons unsalted butter melted (or substitute melted coconut oil to make vegan/dairy free)

2 cups small-diced strawberries about 10 ounces, divided

1 teaspoon cornstarch

1 tablespoon freshly squeezed lemon juice from about 1/2 small lemon

1 tablespoon granulated sugar divided

For the Vanilla Glaze (optional but delicious, especially if you prefer a sweeter bar):

1/2 cup powdered sugar sifted

1/2 teaspoon pure vanilla extract

1 tablespoon milk any kind you like

Instructions

Place a rack in the center of your oven and preheat to 375 degrees F. Line an 8x8-inch baking pan with parchment paper so that the paper overhangs two sides like handles.

In a medium bowl, combine the oats, flour, brown sugar, ginger, and salt. Pour in the melted butter and stir until it forms clumps and the dry ingredients are evenly moistened. Set aside 1/2 cup of the crumble mixture, then press the rest into an even layer in the bottom of the prepared pan.

Scatter half of the strawberries over the crust. Sprinkle the cornstarch evenly over the top, then sprinkle on the lemon juice and 1/2 tablespoon of the granulated sugar. Scatter on the remaining berries, then the remaining 1/2 tablespoon sugar. Sprinkle the reserved crumbs evenly over the top. You will have some fruit showing through.

Bake the bars for 35 to 40 minutes, until the fruit is bubbly and the crumb topping smells toasty and looks golden.

Place the pan on a wire rack to cool completely (you can speed this process along in the refrigerator).

While the bars cool, prepare the glaze: In a medium bowl, briskly whisk together the powdered sugar, vanilla, and milk until smooth. Feel free to add more milk if a thinner consistency is desired. Using the parchment-paper handles, lift the bars from the pan. Drizzle with glaze, slice, and serve.

Recipe found at <https://www.wellplated.com/strawberry-oatmeal-bars/>