

Cinnamon Pear Oat Bars

16 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

3 cups Pacific Northwest Canned Pears, diced, in extra light syrup, drained
1-1/2 teaspoons cinnamon
1/4 teaspoon nutmeg
3/4 cup firmly packed dark brown sugar
4 ounces (1 stick) unsalted butter, softened
1-1/4 cup quick oats
3/4 cup white whole wheat flour
1/2 (heaping) cup pecans, coarsely chopped

Method

Preheat the oven to 350 degrees F. Generously grease or spray a 9 by 9-inch square pan and set aside. Blot the drained pears so that they are completely dry, place them in a large bowl and toss with the cinnamon and nutmeg. Set aside.

In a mixer fitted with the paddle attachment, cream the sugar and butter on medium speed until smooth and creamy, about 2 minutes.

Add the flour and oats and blend on low speed until well combined. Set aside one-third of the mixture and distribute the rest across the bottom of the baking pan, pressing it in to cover evenly. Place the pan in the oven and bake 10 minutes.

Meanwhile, add the pecans to the reserved oat mixture, tossing to combine. Stir the pears to recoat with the spices and arrange on the crust. Top with the oat and nut mixture.

Return the pan to the oven to bake for 20 minutes, or until the oat topping is golden brown. Cool slightly before refrigerating. When completely cold, portion the pan into 2-1/4 by 2-1/4 inch squares.

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Nutrition

Calories: 184
Total Fat: 9g
Saturated Fat: 4g
Cholesterol: 15mg
Sodium: 6mg
Carbohydrate: 25g
Fiber: 2g
Sugar: 15g
Protein: 2g
Calcium: 2% DV
Iron: 4% DV