

## Raspberry Oat Bars

1 3/4 cups rolled oats  
1 1/4 whole wheat flour  
1/4 cup white bean flour  
3/4 cup honey or Xagave  
1/2 cup chopped nuts  
1/2 tsp. baking soda  
3/4 cups melted butter or oil  
2 cups fresh or frozen raspberries  
1/2 cup honey or Xagave  
3 Tbsp. water  
2 Tbsp. cornstarch  
2 tsp. lemon juice

Heat oven to 350 degrees F. Combine oats, flours, nuts, baking soda and salt. Add butter or oil and 3/4 cup honey, mixing until crumbly. Reserve 3/4 cup of the mixture; press the remaining mixture onto bottom of 9"x13" baking pan coated with a non-stick spray. Bake 8 min.

Meanwhile, combine berries, remaining honey or Xagave and 2 Tbsp. of water. Bring to a boil in a saucepan and simmer for 2 min. Mix cornstarch with remaining water and lemon juice and gradually stir into berry mixture; cook and stir about 30 sec. or until thickened.

Spread over partially baked mixture; sprinkle and reserved oat mixture. Bake 15 to 18 min. or until topping is golden brown. Cool; cut into bars.

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