



## Fruit-Eze™ Fruit Bars

Crunchy, fruit bars filled with a layer of Fruit-Eze™ pure fruit regularity blend (prunes, raisins, dates).

### Crust & Topping

- ¾ cup soft shortening  
(half butter or any combination)
- 1 cup brown sugar
- 1 ¾ cups sifted flour
- ½ teaspoon soda
- 1 teaspoon salt
- 1 ½ cup quick-cooking oats



*Get Going...Naturally™* with delicious and nutritious **Fruit-Eze™** pure fruit regularity blend.



To Order: [www.fruiteze.com](http://www.fruiteze.com)  
Call Toll Free: 1-888-Regular

### Directions

Cream shortening and sugar together. Sift flour, soda and salt together. Blend flour mixture into creamed mixture. Add oats and mix until well blended. Divide dough into half. Place one half of the mixture into a greased 6" x 9" pan. Press and flatten to cover bottom. Bake at 400° for about 20 minutes. Cool.

Topping: sprinkle the other half of the dough on a cookie sheet and bake about 10 minutes until topping is firm and golden. Cool.

Spread 2¼ cups of Fruit-Eze™ fruit blend over the crust in the pan. Sprinkle with topping. Cut into squares measuring about two by two inches. The yield will be one dozen fruit bars.

*Optional:* add two teaspoons fresh orange zest to the Fruit-Eze™ fruit blend.

Storage: Room temperature, loosely covered.

One square provides one adult with one daily serving of Fruit-Eze™ fruit blend (two tablespoons). You can adjust the amount of Fruit-Eze™ used in this recipe.

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