



Raspberry Squares

Ohtli Spa at CasaMagna Marriott Puerto Vallarta Resort & SPA

Servings: 16 squares

Ingredients:

1 ¼ cups whole wheat pastry flour
1 ¼ cups rolled oats
1/3 cup brown sugar
2/3 cup liquid margarine
¾ cup sugar-free raspberry preserves

Method of Preparation:

In a food processor, combine flour, oats, brown sugar, and margarine. Process until well combined. Press one-half of mixture into an 8 by 8 baking pan coated with cooking spray. Spread with raspberry preserves. Press remaining mixture evenly over preserves. Bake at 350° for 30 min, cool, and then cut into squares.

Per serving:

Calories 159 Fat 8g Cholesterol 0g Fiber 2g Sodium 113mg