

# Easy Recipes for Lunchboxes

*(All nut free. Almond meal has been substituted with flour in these recipes)*



## Whole-grain fruit filled bars

### Ingredients

- 1 ½ cups whole wheat flour
- 1 ½ cups oats
- ½ cup brown sugar
- ½ teaspoon salt
- ¾ cup cold, unsalted butter chopped into cubes
- 2 tablespoons cold water
- ¾ cup jam of your choice

### Directions

1. Preheat oven to 175°C
2. In the bowl of a food processor, combine the flour, oats, brown sugar and salt. Pulse for 30 seconds
3. Add the butter and cold water and pulse until the dough holds together when pressed
4. Grease a slice pan, line it with baking paper, and grease the paper
5. Divide the dough mixture in half and press half into the prepared baking dish, using the back of a spatula to press down evenly.
6. Spread the jam evenly on top of the dough. Sprinkle the remaining dough evenly on top of the jam and gently press down using the back of a spatula
7. Bake for 45 minutes, or until golden brown
8. Cool, cut into bars and serve

Makes 16 bars

TIP: Bars can be stored at room temperature up to 3 days or refrigerated for up to a week

*Printed for a Wipe Out Waste and Natural Resource Management Education Parent workshop, July 2016*



Government of  
South Australia



Natural Resources  
SA Murray-Darling Basin

Wipe out  
Waste