



## Raspberry Streusel Bars



1/12th of pan: 122 calories, 4g total fat (1.5g sat. fat), 116mg sodium, 23.5g carbs, 5g fiber, 3g sugars, 3g protein

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**Prep:** 20 minutes    **Cook:** 30 minutes

**Cool:** 1 hour



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### Ingredients

#### Dough

1 1/2 cups old-fashioned oats  
3/4 cup whole-wheat flour  
1/3 cup whipped butter  
1/4 cup unsweetened applesauce  
2 tbsp. [Truvia spoonable no-calorie sweetener](#) (or another natural brand that's about twice as sweet as sugar; see *HG FYI*)  
1 tsp. cinnamon  
1/2 tsp. baking powder  
1/4 tsp. salt

#### Filling

2 tbsp. [Truvia spoonable calorie-free sweetener](#) (or another natural brand that's about twice as sweet as sugar; see *HG FYI*)  
1 1/2 tbsp. cornstarch or arrowroot powder  
4 1/2 cups raspberries (fresh or thawed from frozen with no sugar added)  
1/8 tsp. salt

### Directions

Preheat oven to 375 degrees. Spray a 9" X 13" baking pan with nonstick spray.

Combine dough ingredients in a large bowl. Mash and stir until uniform and crumbly.

Spread three-quarters of the dough (about 2 1/2 cups) into the baking pan, pressing firmly into an even layer.

To make the filling, in another large bowl, mix sweetener with cornstarch/arrowroot. Add raspberries and salt, and stir to coat.

Evenly pour filling over the dough in the pan. Break remaining dough into pieces, and sprinkle over the filling.

Bake until topping is golden brown and filling is bubbly, 25 - 30 minutes.

Let cool completely, about 1 hour.

Refrigerate leftovers.

MAKES 12 SERVINGS

**HG FYI:** If using Stevia In The Raw bakers bag (or another no-calorie sweetener that's approximately as sweet as sugar), use 1/4 cup in the dough and 1/4 cup in the filling.

**Clean & Hungry Tips:** Use natural whipped butter in this recipe, as well as arrowroot powder (a clean cornstarch alternative).

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