

Fudgy Oatmeal Bars

Ingredients

Crust:

- 4.5 ounces all-purpose flour (about 1 cup)
- 1 cup old-fashioned rolled oats
- 1/4 cup packed brown sugar
- 1/4 teaspoon baking soda
- 1/4 cup canola oil
- 2 tablespoons unsalted butter, melted
- Baking spray with flour

Filling:

- 3.4 ounces all-purpose flour (about 3/4 cup)
- 1 cup granulated sugar
- 3/4 cup unsweetened cocoa
- 1/2 cup packed brown sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/3 cup evaporated fat-free milk
- 1 tablespoon instant espresso granules
- 3 tablespoons canola oil
- 3 tablespoons butter, melted
- 1 teaspoon vanilla extract
- 2 large eggs, lightly beaten
- 1/2 cup bittersweet chocolate chips

Preparation

Preheat oven to 350°.

To prepare crust, weigh or lightly spoon 4.5 ounces flour into a dry measuring cup; level with a knife. Combine flour and next 3 ingredients (through baking soda) in a medium bowl. Add 1/4 cup canola oil and 2 tablespoons butter; toss with a fork until crumbly. Remove 3/4 cup of oat mixture; set aside. Press remaining oat mixture into the bottom of an 11 x 7-inch glass or ceramic baking dish coated with baking spray. Bake at 350° for 13 minutes or until lightly browned. Cool slightly.

To prepare filling, weigh or lightly spoon 3.4 ounces flour into a dry measuring cup; level with a knife. Combine flour and next 5 ingredients (through salt) in a large bowl. Combine milk and espresso granules in a bowl, stirring with a whisk until espresso dissolves. Add 3 tablespoons canola oil, 3 tablespoons

butter, vanilla, and eggs to milk mixture, stirring with a whisk. Add milk mixture to flour mixture, stirring to combine. Fold in chocolate.

Spread batter over prepared crust in pan. Sprinkle with reserved 3/4 cup oat mixture. Bake at 350° for 32 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool in pan on a rack. Cut into 28 bars.