

# Whole-Grain Fruit Bars

with the Super Crew®!



the  
**Super Crew**

“Make mine with whole grains please!”  
-the Super Crew®

## Tools

9 x 9-inch square pan or glass baking dish  
1 large bowl  
2 small bowls  
Mixing spoon  
Knife  
Plates  
Napkins



Makes 16 bars.  
Nutrition analysis for apricot option. Per serving (1 bar): 162 calories, 5 g total fat (<1 saturated fat), 28 g carbohydrate, 2 g protein, 2 g dietary fiber, 63 mg sodium.

## Ingredients

Canola oil cooking spray  
1 cup quick-cooking rolled oats  
1 cup whole-wheat flour  
1/3 cup packed brown sugar  
1/2 tsp. cinnamon  
1/4 tsp. salt  
1/4 tsp. baking soda  
1/3 cup canola oil  
5 Tbsp. apple juice, divided  
1/2 cup apricot jam or cherry jam (use all-fruit preserves, if possible)  
1 package (7 oz.) dried apricots or dried tart cherries, chopped



“Yum! I love this recipe! Healthy foods, like whole grains and fruit, help me run faster, think better and jump higher!”

- Kira

## Directions

- Preheat oven to 350 degrees.
- Spray 9 X 9-inch baking pan with cooking spray.
- In large bowl, mix together oats, flour, sugar, cinnamon, salt and baking soda until well combined.
- In small bowl, whisk oil and 3 tablespoons juice together and pour over oat mixture, blending well until moist and crumbly. Reserve 3/4 cup of mixture for topping.
- Press the remainder evenly into prepared pan.
- In small bowl, blend jam with remaining 2 tablespoons apple juice.
- Stir in dried fruit.
- Spread evenly over crust. Sprinkle reserved crumb mixture over dried fruit, lightly pressing down with fingers.
- Bake 35 minutes or until golden.
- Cool in pan on wire rack.
- Cut into bars.



## Kira's Whole Grain Treasure Hunt

Every time you go to the market, hunt for and buy one of these whole grains. Check out the ones that are least familiar to you first. Then check the grains off your list one by one as you try them to see how many you get through. Challenge yourself to check them all off!

- |                                    |                                 |                                    |  |
|------------------------------------|---------------------------------|------------------------------------|--|
| <input type="checkbox"/> Barley    | <input type="checkbox"/> Quinoa | <input type="checkbox"/> Oatmeal   | <input type="checkbox"/> Bulgur          |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Rye    | <input type="checkbox"/> Wild rice | <input type="checkbox"/> Brown rice      |
| <input type="checkbox"/> Millet    | <input type="checkbox"/> Muesli | <input type="checkbox"/> Popcorn   | <input type="checkbox"/> Red/purple rice |



## Discover what makes a grain whole!

All grains from nature start as whole grains.

Whole grains have three layers:

1. **Bran** – fiber rich
2. **Endosperm** – starchy
3. **Germ** – heart healthy

What are your favorite whole-grain foods, cereals or snacks?

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- A grain is no longer **whole** when the bran and germ layers are removed in processing, leaving only the starchy endosperm.
- When the bran and germ layers of the grain are removed, you don't get all the good stuff for your brain and body – like vitamins, fiber and phytochemicals (pronounced fight-o-chemicals).
- The Super Crew calls these **fight-o-chemicals** because they fight off disease like cancer and help make you feel and look your best!
- **Test your knowledge:** What are the three parts of a grain that make it whole?

\_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.



“See if you can find the whole grain stamp of approval whenever you shop!”

-Kira



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