

Raspberry-Oatmeal Wedges

No matter whether you season it with cinnamon, nutmeg, or allspice, the nutty flavor of the whole wheat-and-oat crust makes the perfect counterpoint to the luscious raspberry filling.

SERVINGS: 12 servings

CARB GRAMS PER SERVING: 26

Ingredients

- 2 tablespoons granulated sugar*
- 1 teaspoon cornstarch
- 2 cups frozen red raspberries, thawed and drained, or fresh red raspberries
- ½ cup packed brown sugar*
- ⅓ cup 60 to 70% tub-style vegetable oil spread
- ¼ teaspoon baking soda
- ¼ teaspoon ground cinnamon, nutmeg, or allspice
- 1 egg white
- ½ cup all-purpose flour
- ½ cup white flour or whole wheat flour
- 1 cup quick-cooking rolled oats
- ¾ cup frozen light whipped dessert topping, thawed (optional)
- Fresh raspberries (optional)



Nutrition Facts

Servings: 12	
Calories	153
Total Fat	4g
Saturated Fat	1g
Monounsaturated Fat	1g
Polyunsaturated Fat	2g
Sodium	64mg
Carbohydrate	26g
Total Sugar	12g
Fiber	2g
Protein	3g
Vitamin C (DV%)	4
Calcium (DV%)	2
Iron (DV%)	5

Diabetic Exchanges

Other Carbohydrates (d.e.)	1.5
Fat (d.e)	1

Directions

- 1.** In a medium bowl, combine granulated sugar and cornstarch. Add the 2 cups raspberries; toss to coat. Using a potato masher or fork, lightly mash berries; set aside for 15 minutes. Meanwhile, preheat oven to 350°F. Lightly grease a 9-inch tart pan with removable bottom or a 9-inch springform pan or line an 8 x 8 x 2-inch baking pan with foil and lightly grease the foil.
- 2.** In a medium bowl, combine brown sugar, vegetable oil spread, baking soda, and cinnamon; beat with an electric mixer on medium speed until well mixed, scraping side of bowl occasionally. Beat in egg white. Beat in all-purpose flour and whole wheat flour until combined. Stir in oats.
- 3.** Set aside ½ cup of the oat mixture. Press the remaining oat mixture into the bottom of the prepared pan. Bake for 10 to 12 minutes or just until crust is starting to brown on the edges. Spread raspberry mixture over partially baked crust. Crumble the reserved ½ cup oat mixture over top of raspberry mixture.
- 4.** Bake about 20 minutes or until the top is golden brown. Cool in pan on a wire rack. If using the tart pan, remove side of pan. If using the springform pan, run a thin metal spatula around the edge of the pan; remove side of pan. Cut into wedges to serve. If using 8 x 8 x 2 -inch baking pan, use foil to lift uncut bars from the pan; cut into bars. If desired, top individual servings with whipped topping and garnish with additional fresh raspberries.

*Sugar Substitutes: We do not recommend sugar substitutes for this recipe.