

Blackcurrant Jittery Jam Squares

- 1/3 c packed brown sugar
- 1/2 c melted butter (1 stick)
- 1 egg
- 1 1/4 c whole wheat flour
- 1 1/4 c [oats](#)
- 1 t baking soda
- 1/2 t salt (if using unsalted butter)
- 3/4 c blackcurrant jam

Preheat oven to 350 F.

Make a crumble mixture by combining sugar and butter in a medium-sized bowl. Whisk in egg. Mix in flour, oats, baking soda and salt. Press more than half of mixture into a 9" square pan lined with parchment paper. Layer on jam, then top with remaining mixture, patting it down.

Bake for 40-45 minutes until slightly golden and bubbly hot. Cool, then cut into 16 or more squares. Freeze for great texture and a cool treat in this heat. Serve directly from the freezer, as they don't really freeze. The ingredients are healthy, with whole wheat and less sugar and butter than many squares. Freezing keeps them from being slightly dry.

Jittery Cook