

## Breakfast Bars

Makes 4 large bars.

45 mL	frozen, concentrated orange juice, thawed undiluted
25 mL	chopped dried apples or apricots
50 mL	raisins
40 mL	sugar
0.5 mL	salt
40 mL	chopped walnuts
50 mL	soft margarine
125 mL	packed brown sugar
200 mL	flour
1 egg	
125 mL	rolled oats
15 mL	sesame seeds
2 mL	baking powder
0.5 mL	baking soda

### Method

1. In a medium pot, combine OJ, apples (apricots), raisins, sugar and salt
2. Cook over low heat, stirring occasionally, till mixture thickens, about 5 minutes
3. Remove from heat. Stir in walnuts, set aside.
4. In a large bowl, cream together margarine and brown sugar.
5. Beat in egg
6. Blend in flour and remaining ingredients
7. Press half the dough into a small greased loaf pan.
8. Spread with the filling
9. Sprinkle remaining dough over the filling to form crumble top.
10. Bake at 350 F for 35 minutes. Serve warm or cold.