

Protein Oatmeal Jam Bars: Hearty Breakfast Squares

Chewy rolled oats and sweet fruit jam baked into dense squares



PREP
15 min

COOK
25 min

TOTAL
1 hr 5 min

SERVES
10 bars

CALORIES
310 kcal

Ingredients

- 1 cup all-purpose flour
- 1 cup old-fashioned rolled oats
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup unsalted butter, melted
- 1/2 cup light brown sugar
- 1 tsp vanilla extract
- 3/4 cup strawberry jam, Halal
- 1 cup dough, reserved for topping

Instructions

1. Prepare the pan: Preheat your oven to 175°C (350°F). Line an 8x8-inch pan with parchment paper, leaving a 1-inch overhang on all sides. This allows you to lift the bars out easily once they have set.
2. Mix the dry base: Whisk together the flour, oats, baking soda, and salt in a medium bowl. Ensure the baking soda is evenly distributed so the bars rise consistently.
3. Combine wet ingredients: Melt the butter until it is fully liquid. In a separate bowl, stir the melted butter, light brown sugar, and vanilla extract until the mixture is smooth.
4. Form the dough: Pour the wet mixture into the dry ingredients. Stir with a spatula until just combined; the dough should feel sticky. Do not overmix or the bars will become tough.
5. Bake the base: Press the dough evenly into the prepared pan using a spatula or the flat side of a glass. Bake for 10 minutes. The top should be lightly golden and set but soft to the touch.

6. Add the filling: Remove the pan from the oven. Spread the strawberry jam evenly over the baked base. Sprinkle the reserved cup of dough in small crumbs over the jam to create a textured topping.
7. Final bake and cool: Bake for another 14-18 minutes until the topping is firm and golden brown. Let the bars cool in the pan for 20-25 minutes. This resting period ensures the jam sets so the bars do not fall apart when cut.

Notes

How it differs from the traditional method These bars use rolled oats to add a denser, heartier texture and more fibre than a standard shortbread. A traditional flour-only base provides a lighter snap. Use the traditional method if you prefer a delicate, crumbly biscuit rather than a substantial breakfast bar that sustains energy throughout the morning.

Storing and reheating Keep bars in an airtight container at room temperature for 5 days. Freeze them in a zip-top bag for 3 months. To serve, thaw at room temperature or warm a bar in the microwave for 10–15 seconds. This softens the butter in the dough for a fresher taste.