

Mulberry Rosehip Bars



Chef: Indigenous Food Lab

Region: Midwest/Mountain Plains

Makes 12

Ingredients

Mulberry Rosehip Bars

- 2 cups Mulberries, fresh, foraged *
- 3 Tbsp dried Rosehips, foraged
- ¼ cup water
- ¾ cup **Peanut Butter, Smooth**
- 2 Tbsp **Butter, Salted**, plus extra to grease pan**
- 2 ½ cups **Oats, Rolled, Quick Cooking**
- ½ cup, **packed Raisins, Unsweetened*****

Boldfaced items are available through the FDPIR Foods Available List or through USDA DoD Fresh Program.

Instructions

1. Soak rosehips in hot water for 10-15 minutes or until softened. Drain thoroughly and set aside.
2. While rosehips are soaking, preheat the oven to 350°F. Butter an 8” x 8” baking pan, or line with parchment.
3. Rinse and drain mulberries.
4. Add berries, rosehips, and ¼ cup water to a medium saucepan or pot. Heat to just boiling while crushing the berries with a spoon or fork to release moisture. Continue to simmer and stir until a slightly thickened, jam-like consistency is reached. Remove from heat.
5. While the saucepan is still hot, add peanut butter and butter to the berry mixture and stir thoroughly to melt and combine ingredients.
6. Add oats and raisins to the saucepan. Mix thoroughly to incorporate.
7. Spread mixture into prepared pan, pressing down firmly for even thickness.
8. Bake for 15 minutes at 350°F. Allow to cool completely before cutting into 12 square bars.

Bars will keep well for up to 1 week, stored in an airtight container in the refrigerator. Freeze, covered well, for up to 3 months. Thaw overnight in the refrigerator, then bring to room temperature before serving.

*Use frozen blueberries if mulberries are not available, or any fresh or frozen sweet berries

Use **vegetable oil or **buttery spread** if butter is not available

***Use roughly chopped **dried plums** if raisins are not available

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