**Oatmeal Fruit Bars by Nancy Fort 2015**

1 ¼ c flour (I substituted ¼ c quick oats, ½ c rice flour, ½ c tapioca flour)

¼ tsp salt

1 c brown sugar

¾ c coconuts

1 c quick oats

1 c walnuts, chopped

¾ c melted butter

Mix all ingredients together and pat 2/3 of mixture in a 9x13 pan.

Spread 1 c of jam over the top.

Top with remaining 1/3 of crust and pat down.

Bake at 325 for 30 minutes.