

Stone-Fruit Oatmeal Square

By Anne Banas, [SmarterTravel](#)



Why It's Great for Travel: Filled with natural fruit flavors but not overly sweet, these oatmeal squares can serve as a quick afternoon snack or ready-to-go breakfast treat for an early-morning flight. Even better, they can be baked and frozen in advance so you won't have to scramble to prep right before you depart. Just take one or two out of the freezer as you head to the airport and allow them to thaw on your way. The recipe is also quite versatile. You can use any stone fruits, such as nectarines, peaches, or plums, making the squares especially ideal in summer (though pretty much any fruit, including apples and berries, can be substituted as the seasons change).

Yield: About 9 squares

3 medium nectarines or peaches (or 6 plums), sliced ½-inch thick
2 tablespoons granulated sugar
1 cup rolled oats
¾ cup light-brown sugar, lightly packed
1½ cups all-purpose flour
1 teaspoon baking powder
½ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon salt
1½ sticks cold unsalted butter, cut into small pieces
1 egg
1 teaspoon vanilla extract

1. Preheat oven to 375°F.
2. Grease an 8 x 8-inch baking pan.
3. In a small bowl, toss fruit slices with granulated sugar. Let sit for at least 15 minutes, then drain.
4. In a large bowl, mix oats, brown sugar, flour, baking powder, cinnamon, nutmeg, and salt. Cut in butter with a pastry blender or a large fork, then stir in egg and vanilla.
5. Firmly press half of the crumble mixture into pan. Set remainder aside.
6. Layer fruit slices on top of crumble mixture in pan.
7. Pour remaining crumble mixture on top of fruit slices and gently press down until even.

8. Bake in oven for approximately 30 minutes, rotating pan after 15 minutes, until crumble is golden brown.
9. Allow to cool, then cut into squares. Wrap tightly with plastic wrap, then freeze for later use.

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