



Blueberry Breakfast Bars

9 servings

40 minutes

Ingredients

2 cups Blueberries (fresh or frozen, thawed)
1/4 cup Maple Syrup
1 tbsp Arrowroot Powder
3 cups Oats (rolled, divided)
1 Banana (very ripe, mashed)
3 tbsps Water

Directions

- 1 Preheat the oven to 350°F (175°F). Line a baking pan with parchment paper.
- 2 In a bowl, smash the blueberries using the back of a fork. Combine with the maple syrup and arrowroot powder. Set aside.
- 3 Add half the oats to a food processor or blender to create oat flour. Transfer to a mixing bowl and combine with the remaining rolled oats, banana and water.
- 4 Firmly press half of the oat mixture into a thin even layer in the baking pan. Spread the blueberry mixture on top and then crumble the remaining oat mixture over top of the blueberry layer. Bake for 20 to 25 minutes, or until golden brown. Slice and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to one month.

Serving Size: One serving equals one square.

Baking Dish: An 8 x 8-inch baking dish was used to create the standard nine servings.

More Flavor: Add vanilla extract, substitute half the blueberries with another fruit such as peaches or strawberries.

Additional Toppings: Maple syrup, honey, yogurt or nut butter.

No Banana: Use applesauce or pear puree instead.