

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

NUTRITION

AMOUNT PER SERVING

Calories	159	Carbs	33g
Fat	2g	Protein	4g

DIRECTIONS

- 01 Preheat the oven to 350°F (175°F). Line a baking pan with parchment paper.
- 02 In a bowl, smash the blueberries using the back of a fork. Combine with the maple syrup and arrowroot powder. Set aside.
- 03 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.
- 04 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!