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BLUEBERRY OAT BARS

SERVINGS: 50 CALORIES: 481 KCAL

Great for breakfast or dessert! These bars are bursting with sweet blueberries, and the crunchy oat topping makes this a kid favorite.

INGREDIENTS

2.344 pounds Butter, bulk, unsalted (21 pounds, 5½ ounces)
 1.5625 quarts Flour, all-purpose, enriched, white (1 quart, 2¼ cups)
 3.125 quarts Oats (3 quarts, ½ cup)
 3½ cups Sugars, brown, light (packed)

BLUEBERRY LAYER

1.5625 gallons Blueberries, frozen, unsweetened (1½ gallons, 1 cup)
 1.5625 cups Sugars, brown, light (1½ cups, 1 tablespoon), packed
 0.781 cup Lemon Juice, raw (¾ cup, ½ tablespoon)
 0.26 cup Cornstarch (¼ cup, ½ teaspoon)

INSTRUCTIONS

1. Preheat oven to 350° F grease large cake pan with spray or butter. In a mixer, mix flour, oats, sugar and cold butter with a large paddle attachment. Mix until large clumps form. Do not over mix.
2. Transfer ½ the mixture to a prepared pan and press down to make the crust.
3. For blueberry layer, in a large sauce pot, mix all the ingredients together over medium-high heat. Stirring constantly. Boil for two minutes.
4. Sprinkle remaining crumb mixture on top of blueberry and crust. Bake in oven for 35-45 minutes. (checking at 20 mins). Let cool completely before cutting into bars. Cut into 50 bars.

RECIPE NOTES

Crediting: 1 bar is 1 oz grain eq, 1/4 cup fruit

NUTRITION FACTS PER SERVING (1BAR)

Calories: 481 kcal | Fat: 20.05 g | Saturated fat: 12.69 g | Cholesterol: 46 mg | Sodium: 9 mg | Carbohydrates: 68.1 g | Fiber: 6.67 g | Sugar: 6.6 g | Protein: 8.54 g

The outcome, crediting information, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.

Recipe ID: 1336

