



# BLACKBERRY OAT BARS

## INGREDIENTS

### FILLING

- 2 pints fresh blackberries or 1 12-oz. bag frozen blackberries
- 1/4 cup honey
- 2 tbsp. brown sugar
- Zest of half a lemon
- 2 tbsp. lemon juice
- 1/4 cup water
- 2 tbsp. cornstarch

### CRUST AND TOPPING

- 3 cups rolled oats, divided
- 1 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/3 cup unsweetened applesauce
- 1/3 cup honey
- 2 tbsp. canola oil

## DIRECTIONS

1. Preheat oven to 375° F. Spray an 8x8 or 9x9 baking pan with non-stick spray. Set aside.
2. In a medium mixing bowl, combine **filling ingredients**, smashing some berries while mixing. Set aside.
3. Blend 1 1/2 cups **oats** in a blender or food processor to a fine flour.
4. Combine processed oats, remaining 1 1/2 cups of rolled oats, **baking powder** and **salt** in a bowl. Mix well.
5. Add **applesauce**, **honey** and **oil**. Mix until well combined.
6. Firmly and evenly press half of crust into bottom of baking dish.
7. Pour blackberry mixture on top of crust.
8. Sprinkle remaining oat mixture on top. Press topping lightly into blackberry mixture with a spatula.
9. Bake for 25 minutes or until golden brown. Allow to cool completely. Cut into bars.

**MAKES** 12 bars

### TOOLS & EQUIPMENT

Measuring cups, measuring spoons, knife, baking pan, mixing bowl, spoon, blender or food processor, spatula

### GREAT ADDITIONS/SUBSTITUTIONS

Store these oat bars individually wrapped in the freezer then thaw overnight in the refrigerator before enjoying in the morning.

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