



Blueberry Walnut Bars

Ingredients:

- 1 cup walnuts, raw
- 1 cup medjool dates, pitted
- 3 cups rolled oats
- 5 tbsp butter or margarine, melted
- 2 tbsp honey
- ½ tsp vanilla extract
- ½ tsp ground cinnamon
- ¼ tsp salt
- 1-2 tbsp water, as needed
- 3 cups blueberries, fresh or frozen and thawed

Instructions:

1. Start by preheating the oven to 325F. Grease a 9x9 oven safe dish with margarine or butter and set to the side
2. Spread walnuts on a baking sheet and roast in oven for 8-10 minutes until lightly golden. Once roasted increase oven temperature to 350 F
3. In a food processor start by blending dates with 1 tbsp of water.
4. Once blended add honey, roasted walnuts, 2 cups of oats, melted butter or margarine, cinnamon, salt, and vanilla. Process until combined and crumbly.
5. Add 1 more tbsp of water and process until the mixture sticks and is well pressed. After adding the remaining 1 cup of oats and process until combined. You want the mixture to stick well together when pressed
6. Press oat mixture to the greased dish leaving 1 cup for topping. Spread your blueberries evenly on the bottom layer and then add remaining oat mixture
7. Bake for 20-25 minutes uncovered at 350F. Let cool for a few minutes before cutting to help bars stick together

Variations:

- Choose your fruit or preference and even try using a fruit jam!

Nutrition Information: 308kcal, 2g fat, 39g cho, 6g protein, 55mg sodium

Prep Time: 15 minutes

Cooking Time: 20 minutes

Equipment:

- Baking dish
- Baking sheet
- Measuring spoons/cups
- Food processor/blender
- Spoon

Servings: 9

Serving Size: 2 bars



Thank You to ASUA, SHAC, UA Campus Health, and UA Campus Pantry