

BLUEBERRY OAT BARS

SERVING SIZE: 1 bar

ONE PORTION PROVIDES:
1 oz. eq. grain, ¼ cup fruit

INGREDIENTS		50 BARS		25 BARS		DIRECTIONS	
Rolled oats		3 quarts ½ cup		1 ½ quart		<div>1. Preheat oven to 350° F. Spray a large cake pan with vegetable oil spray.</div> <div>2. In a mixer with a flat paddle attachment, mix oats, flour, sugar, and cold butter until large clumps form. Clumps should be the size of peas with no big chunks of butter. If mixing a small batch, you can mix by hand.</div> <div>3. Transfer 1/2 the mixture to a prepared pan and press down firmly to make the crust</div>	
Flour, all-purpose, enriched		1 quart 2 ¼ cups		3 cups			
Sugar, brown, packed		3 1/8 cup		1 ½ cup			
Butter, unsalted, cold		2 pounds 6 ounces		1 pound 3 ounces			
Blueberries, frozen, not thawed		1 ½ gallon 1 cup		3 quarts ½ cup		<div>4. For blueberry layer, in a large sauce pot, mix all ingredients together over medium high heat. Stirring constantly. Boil until thickened.</div> <div>5. Pour blueberry mixture over crust.</div> <div>6. Sprinkle remaining crumb mixture on top of blueberry and crust.</div> <div>7. Bake in oven for 35-45 minutes. (Checking at 20 mins).</div> <div>8. Let cool completely before cutting into bars.</div>	
Sugar, brown		1 ½ cup		¾ cup			
Lemon juice		¾ cup		3/8 cup			
Cornstarch		¼ cup		2 tablespoons			
NUTRIENTS PER SERVING							
Calories	481	Total Fat (g)	20	Vitamin A (IU)	643	Calcium (mg)	47
Protein(g)	8.5	Saturated Fat (g)	12.7	Vitamin C (mg)	3.4	Sodium (mg)	10
Carbohydrate (g)	68	Cholesterol (mg)	46	Iron (mg)	3	Dietary Fiber (g)	6.7

SOURCE: Windham Raymond School Department, Windham, Maine

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