



Blueberry Dream Bars

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



399 kcal

SIDE DISH

Ingredients

- ☐ 0.4 lb butter cut into chunks
- ☐ 8 ounces blueberries dried finely chopped
- ☐ 1 large egg yolk
- ☐ 1 cup flour all-purpose
- ☐ 1 cup quick-cooking oats
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar

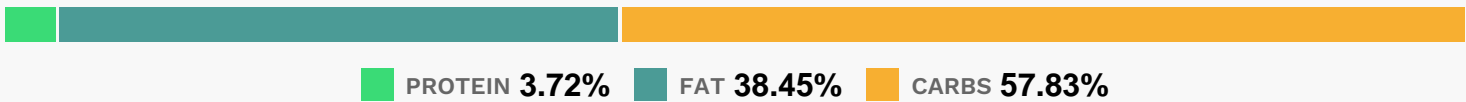
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a 1- to 2-quart pan, stir together 1/4 cup sugar, the blueberries, and 1 1/4 cups water. Bring to a boil over high heat, then reduce heat to maintain a simmer, cover, and cook, stirring occasionally, until blueberries are soft and most of the liquid is absorbed, about 45 minutes. Chill until cool, about 40 minutes.
- ☐ Meanwhile, in a bowl or in the bowl of a food processor, mix or whirl flour, oats, salt, and remaining 3/4 cup sugar until combined.
- ☐ Cut in butter or pulse until mixture forms coarse crumbs.
- ☐ Add egg yolk and mix or pulse until mixture comes together in a crumbly dough. Divide in half. Press half the mixture evenly over bottom of a buttered 8-inch square baking pan. Chill pan and reserved dough while filling cools.
- ☐ Spread blueberry mixture evenly over crust in pan, then sprinkle and pat the remaining half of the dough evenly over the blueberry layer.
- ☐ Bake in a 350; regular or convection oven until top is browned and filling is bubbling around the edges, 35 to 40 minutes.
- ☐ Let cool about 15 minutes, then cut into squares.
- ☐ Serve warm, or let cool completely.

Nutrition Facts



Properties

Glycemic Index:28.9, Glycemic Load:26.63, Inflammation Score:-4, Nutrition Score:6.1782608265462%

Nutrients (% of daily need)

Calories: 399.33kcal (19.97%), Fat: 17.28g (26.59%), Saturated Fat: 10.02g (62.6%), Carbohydrates: 58.48g (19.49%), Net Carbohydrates: 54.11g (19.68%), Sugar: 35.59g (39.55%), Cholesterol: 61.03mg (20.34%), Sodium: 258.7mg (11.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Manganese: 0.48mg (24.22%), Fiber: 4.37g (17.49%), Selenium: 9.15µg (13.07%), Vitamin B1: 0.16mg (10.8%), Vitamin A: 499.54IU (9.99%), Iron: 1.58mg (8.8%), Folate: 31.62µg (7.91%), Magnesium: 27.86mg (6.96%), Potassium: 243.18mg (6.95%), Phosphorus: 68.16mg (6.82%), Vitamin B2: 0.1mg (5.88%), Vitamin B3: 0.9mg (4.51%), Vitamin E: 0.56mg (3.72%), Zinc: 0.45mg (2.99%), Copper: 0.06mg (2.82%), Calcium: 26.19mg (2.62%), Vitamin B5: 0.2mg (2.02%), Vitamin K: 1.67µg (1.59%), Vitamin B12: 0.07µg (1.15%), Vitamin B6: 0.02mg (1.11%)