



Blueberry-Oat Bars

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



16

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.4 cup agave nectar
- 0.3 cup apple juice
- 1.5 teaspoons double-acting baking powder
- 1 pint blueberries
- 0.5 teaspoon cinnamon
- 2 tablespoons cornstarch mixed with enough water or juice to form a smooth paste
- 3 cups oatmeal instant (regular, not)
- 0.3 teaspoon salt

- 6 ounces apple sauce unsweetened
- 1 teaspoon vanilla
- 0.4 cup water

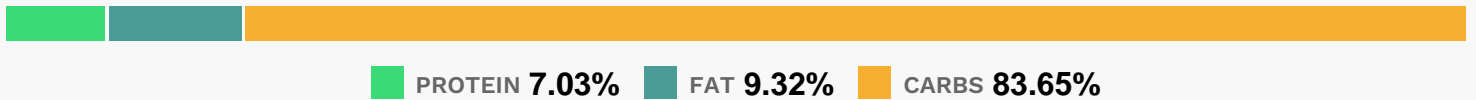
Equipment

- frying pan
- oven
- mixing bowl
- blender

Directions

- Remove from heat and set aside. Put 1 1/2 cups of the oatmeal into a blender and grind it to a fine powder.
- Pour it into a medium-sized mixing bowl and add the remaining oatmeal, cinnamon, baking powder, and salt.
- Mix well. Stir in the apple sauce, remaining agave nectar, water, and vanilla, and mix well.
- Spread half of the batter into the prepared pan, smoothing well to cover the bottom of the pan. Spoon the blueberry filling over the batter, and cover the blueberries with the remaining batter.
- Bake for 30 minutes, or until the top is lightly browned. Allow to cool before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:5.02, Inflammation Score:-2, Nutrition Score:3.3243478018305%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Petunidin: 9.32mg, Petunidin: 9.32mg, Petunidin: 9.32mg, Petunidin: 9.32mg Delphinidin: 10.48mg, Delphinidin: 10.48mg, Delphinidin: 10.48mg, Delphinidin: 10.48mg Malvidin: 19.99mg, Malvidin: 19.99mg, Malvidin: 19.99mg, Malvidin: 19.99mg Peonidin: 6mg, Peonidin: 6mg, Peonidin: 6mg, Peonidin: 6mg Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg, Catechin:

1.69mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg
Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg Luteolin: 0.06mg, Luteolin:
0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg,
Kaempferol: 0.49mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin:
2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg,
Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 75.03kcal (3.75%), Fat: 0.8g (1.24%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 16.22g (5.41%), Net
Carbohydrates: 14.58g (5.3%), Sugar: 7.97g (8.86%), Cholesterol: 0mg (0%), Sodium: 79.1mg (3.44%), Alcohol:
0.09g (100%), Alcohol %: 0.11% (100%), Protein: 1.36g (2.72%), Manganese: 0.37mg (18.55%), Vitamin K: 7.07µg
(6.73%), Fiber: 1.63g (6.53%), Vitamin C: 3.89mg (4.71%), Phosphorus: 46.49mg (4.65%), Selenium: 2.55µg (3.64%),
Vitamin B1: 0.05mg (3.61%), Magnesium: 14.41mg (3.6%), Zinc: 0.49mg (3.28%), Iron: 0.56mg (3.12%), Calcium:
29.4mg (2.94%), Copper: 0.05mg (2.74%), Potassium: 66.14mg (1.89%), Vitamin B2: 0.03mg (1.87%), Vitamin E:
0.27mg (1.82%), Vitamin B5: 0.18mg (1.79%), Vitamin B6: 0.03mg (1.67%), Folate: 6.27µg (1.57%), Vitamin B3: 0.27mg
(1.36%)