

Blueberry Squares



Vegetarian



Vegan



Dairy Free

READY IN



135 min.

SERVINGS



24

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3 cups blueberries
- ☐ 0.5 cup brown sugar
- ☐ 14 ounce chickpeas drained and rinsed canned (garbanzo beans)
- ☐ 2 tablespoons cornstarch
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon juice of lemon

- ☐ 0.3 cup olive oil
- ☐ 1.5 cups rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water cold
- ☐ 2 tablespoons sugar white

Equipment

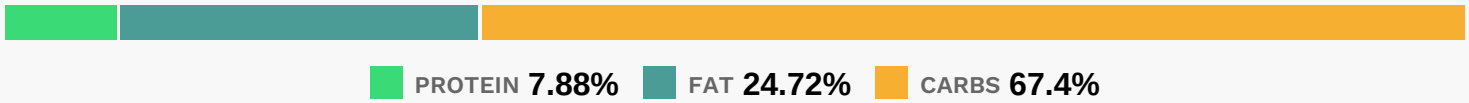
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place chickpeas, 1/2 cup rolled oats, 1/2 cup brown sugar, 1/4 cup olive oil, 2 teaspoons vanilla extract, baking powder, 1/4 teaspoon baking soda, and salt in a food processor. Blend to a dough-like consistency; press into an 8x11-inch baking pan.
- ☐ Bake crust in the preheated oven until crisp and lightly browned, 20 minutes.
- ☐ Combine blueberries, white sugar, and lemon juice in a saucepan; cook over medium-low heat until blueberries have reduced, 10 to 15 minutes.
- ☐ Whisk cornstarch and water together in a small bowl; stir into blueberry mixture. Cook until mixture thickens, 2 to 3 minutes.
- ☐ Pour blueberry mixture onto the cooked crust.
- ☐ Mix 1 1/2 cup rolled oats, flour, 1/2 cup brown sugar, 1/4 cup olive oil, 1 teaspoon vanilla extract, and 1/2 teaspoon baking soda together in a large bowl until bread crumb consistency.
- ☐ Sprinkle over blueberry mixture.

Bake in the preheated oven until blueberry filling is bubbling and crumble topping is lightly browned, about 20 minutes. Cool and cut into squares. Store leftovers in refrigerator.

Nutrition Facts



Properties

Glycemic Index:14.89, Glycemic Load:6.28, Inflammation Score:-2, Nutrition Score:3.8017391484717%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 107.66kcal (5.38%), Fat: 3.02g (4.65%), Saturated Fat: 0.41g (2.59%), Carbohydrates: 18.53g (6.18%), Net Carbohydrates: 16.7g (6.07%), Sugar: 7.39g (8.21%), Cholesterol: 0mg (0%), Sodium: 112.8mg (4.9%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 2.17g (4.33%), Manganese: 0.42mg (21.04%), Fiber: 1.83g (7.33%), Selenium: 3.66µg (5.23%), Vitamin B1: 0.08mg (5.1%), Vitamin B6: 0.1mg (4.87%), Vitamin K: 5.04µg (4.8%), Phosphorus: 45.83mg (4.58%), Iron: 0.78mg (4.33%), Folate: 16.57µg (4.14%), Magnesium: 14.27mg (3.57%), Copper: 0.07mg (3.32%), Vitamin E: 0.45mg (3.03%), Vitamin B2: 0.04mg (2.59%), Vitamin C: 2.05mg (2.49%), Zinc: 0.37mg (2.45%), Calcium: 24.1mg (2.41%), Vitamin B3: 0.47mg (2.35%), Potassium: 69.06mg (1.97%), Vitamin B5: 0.16mg (1.59%)