



Bountiful Blueberry Crumb Bars



Vegetarian



Vegan



Dairy Free

READY IN



55 min.

SERVINGS



12

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups old-fashioned oats quick
- ☐ 0.5 cup pastry flour gluten-free whole wheat all-purpose for option (see below)
- ☐ 0.5 cup coconut sugar packed
- ☐ 0.3 teaspoon baking soda
- ☐ 0.1 teaspoon salt
- ☐ 6 tablespoons dairy-free margarine melted (can sub)
- ☐ 1.5 cups blueberries rinsed drained
- ☐ 3 tablespoons maple syrup

- ☐ 2 teaspoons arrowroot starch
- ☐ 1 teaspoon juice of lemon

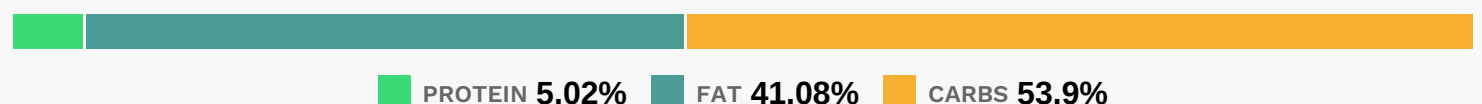
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat your oven to 350°F and grease an 8-inch square baking pan.
- ☐ In a large bowl, whisk together the oats, flour, brown sugar, baking soda and salt.
- ☐ Add the melted margarine and stir with a fork until evenly combined and large crumbs form.
- ☐ Reserve ½ cup of the crumb mixture for topping.
- ☐ Press the remaining mixture evenly and firmly into the bottom of your prepared pan.
- ☐ Bake for 12 minutes to set crust.
- ☐ While that is baking, combine the berries, sugar, cornstarch and lemon juice in a small saucepan, whisking until the starch dissolves.
- ☐ Heat over medium heat until the mixture comes to a simmer.
- ☐ Simmer, stirring occasionally, until the juices are no longer cloudy, about 2 minutes.
- ☐ Spoon the filling over the baked crust and evenly crumble the reserved crumb mixture over top.
- ☐ Bake for 30 minutes.
- ☐ Let cool completely in the pan, before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:8.08, Inflammation Score:-2, Nutrition Score:4.6626087718684%

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: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg 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: 161.97kcal (8.1%), Fat: 7.79g (11.98%), Saturated Fat: 5.91g (36.97%), Carbohydrates: 22.99g (7.66%), Net Carbohydrates: 20.96g (7.62%), Sugar: 9.32g (10.35%), Cholesterol: 0mg (0%), Sodium: 61.45mg (2.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Manganese: 0.75mg (37.58%), Selenium: 6.04µg (8.63%), Fiber: 2.03g (8.11%), Phosphorus: 61.69mg (6.17%), Magnesium: 23.04mg (5.76%), Vitamin B2: 0.1mg (5.59%), Vitamin B1: 0.08mg (5.46%), Zinc: 0.57mg (3.77%), Iron: 0.67mg (3.75%), Vitamin K: 3.91µg (3.72%), Copper: 0.07mg (3.55%), Vitamin C: 1.96mg (2.37%), Potassium: 80.84mg (2.31%), Vitamin B3: 0.44mg (2.22%), Vitamin B6: 0.04mg (2.02%), Vitamin B5: 0.17mg (1.68%), Folate: 6.68µg (1.67%), Calcium: 13.91mg (1.39%), Vitamin E: 0.19mg (1.28%)