



Frozen Blueberry Breakfast Bars



Vegetarian



Gluten Free

READY IN



205 min.

SERVINGS



10

CALORIES



75 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup blueberries fresh
- ☐ 0.3 cup butter melted
- ☐ 15.9 oz greek yogurt yoplait®
- ☐ 2 tablespoons oats organic crushed cascadian farm®

Equipment

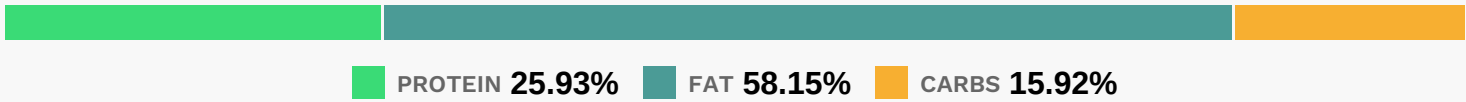
- ☐ bowl
- ☐ frying pan
- ☐ oven

- ☐ wire rack
- ☐ plastic wrap

Directions

- ☐ Heat oven to 350°F. In large bowl, mix 2 1/2 cups granola and the melted butter. Firmly press in bottom of ungreased 8-inch square pan.
- ☐ Bake 10 minutes. Cool 10 minutes on cooling rack. Freeze about 5 minutes or until cold.
- ☐ Spoon yogurt over crust; gently spread to cover.
- ☐ Sprinkle with blueberries and crushed granola. Freeze about 3 hours or until firm.
- ☐ Remove from freezer 10 minutes before cutting. To make bars, cut into 5 rows by 2 rows. Wrap each bar tightly in plastic wrap. Store in freezer.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.46, Inflammation Score:-1, Nutrition Score:2.3739130652469%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg Delphinidin: 1.31mg, Delphinidin: 1.31mg, Delphinidin: 1.31mg, Delphinidin: 1.31mg Malvidin: 2.5mg, Malvidin: 2.5mg, Malvidin: 2.5mg, Malvidin: 2.5mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 74.84kcal (3.74%), Fat: 4.86g (7.48%), Saturated Fat: 2.98g (18.62%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.86g (2.06%), Cholesterol: 14.45mg (4.82%), Sodium: 52.83mg (2.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.75%), Vitamin B2: 0.13mg (7.76%), Selenium: 4.87µg (6.96%), Phosphorus: 68.03mg (6.8%), Vitamin B12: 0.33µg (5.42%), Calcium: 52.24mg (5.22%), Manganese: 0.06mg (3%), Vitamin A: 145.62IU (2.91%), Potassium: 72.11mg (2.06%), Zinc: 0.29mg (1.96%), Magnesium: 6.95mg (1.74%), Vitamin B5: 0.17mg (1.73%), Vitamin B6: 0.03mg (1.61%), Vitamin B1: 0.02mg (1.14%), Vitamin E: 0.16mg

(1.08%), Vitamin K: 1.14µg (1.08%)