

Blueberry Oat Breakfast Bars

Recipe from web page <https://www.powerhungry.com/2019/06/5-ingredient-blueberry-oat-breakfast-bars/> .

How to Make the Bars

Ok, let's make these bars. First, make the oat layers. In a [food processor](#), process 1-1/2 cups of the oats into a flour. Next, combine the oat flour with the remaining 1 cup oats, the flax, mashed banana (use super-ripe, mushy bananas for maximum sweetness), 3 tablespoons water, and (optional) salt.

Adjust the Oat Crust/Crumble to Taste

Mix until combined and crumbly. The oat mixture will not be very sweet, which I like. It will have a toasty flavor after baking that suits my breakfast preferences. If you want your oats sweeter, go ahead and adjust. Add a bit of [coconut sugar](#), monkfruit, a keto-style sweetener, or replace some of the water with [maple syrup](#).

Two more options to consider: First, add flavoring(s) to your liking (e.g., cinnamon, cardamom, pumpkin pie spice, ginger, vanilla, almond extract, lemon zest). Second, add some fat. You can replace some or all of the water with the oil of your choice, which will result in crispier oat layers. It's all up to you!

Make the Blueberry Filling

Now, make the filling. It's a snap. Coarsely mash the berries with a fork, sprinkle with the [arrowroot](#), and stir to combine.

You can customize here, too: if you want your berries sweeter, add some sweetener. Monkfruit, [maple syrup](#), stevia, [coconut sugar](#), whatever you like. Any given batch of berries can be more or less sweet, so taste and decide what works for you.

I also like to add a pinch of salt, to enhance the sweetness, but it is optional. Adding a drop of vanilla or almond extract, or some lemon zest, is also a fine & delicious idea.

Press half of the oat mixture firmly and evenly into a [parchment paper](#)-lined baking pan (8-inches/ 20 cm square).

Spread with the berry filling and crumble the remaining oat mixture on top.

Time to Bake

Bake in a preheated 350F (175C) oven for 25 to 30 minutes until the topping is golden and the filling is bubbly. Transfer to a wire rack and cool completely.

Once the bars are cool, refrigerate until they are cold. Use the [parchment paper](#) overhang to remove the bars from the pan and cut into 16 squares (or bigger bars, if you like).

Substitutions

Not to worry if you cannot eat [flaxseed meal](#). The purpose of its addition here is to add some fat, without adding oil, as well as some extra nutrition.

You can sub any number of other ingredients, including equal amounts of [almond meal](#)/flour, ground [chia seeds](#), hemp hearts, or other finely ground nuts or seeds. You can also add more ground oats, but the oat layers will be a bit more dense without the added fat.