

# EASY BLUEBERRY OATMEAL BARS

## Ingredients

### Crust & Crumble Topping

1/2 stick butter , melted (you can substitute coconut oil)

1 teaspoon vanilla extract

1½ cups white whole wheat flour (you can substitute regular flour)

1½ cups old fashioned oats (not instant)

½ cup honey

¼ cup brown sugar

1/2 teaspoon ground cinnamon

pinch of salt

### Blueberry Filling

2 1/2 cups fresh blueberries

2 tablespoon fresh lemon juice

2 teaspoons corn starch

1/4 cup coconut sugar (you can substitute regular sugar)

## Instructions

Preheat oven to 350 degrees.

Line the bottom of an 8×8 pan with parchment paper, foil or with cooking spray.

To make the crust & crumble, place whole wheat flour, regular oats, honey, brown sugar, ground cinnamon and salt in a large bowl. Stir in melted butter and vanilla until just combined. Mixture should be a little dry and crumbly. Reserve 1 cup of the mixture, this will be your crumble topping.

Add the oat mixture to the prepared baking pan. Press mixture into the bottom of the pan in an even layer.

Place blueberries, lemon, coconut sugar and corn starch in the same bowl you mixed the oat mixture and stir to combine. Place the blueberries over the crust in an even layer.

Evenly sprinkle the remaining crumble mixture over the top of the blueberries.

Bake the bars for 45 minutes. Remove the bars from the pan and let sit for 10 minutes. Cut and enjoy!