

# Blueberry Oat Bars

Recipe From: [www.FoodHeavenMadeEasy.com](http://www.FoodHeavenMadeEasy.com)

Makes 10 bars

Calories: 235 per bar (2,345 total)-

With oil instead of applesauce it is 415 calories (total 4,152)



## INGREDIENTS:

- 2 cups of oats
  - 1 cup of dried blueberries
  - 1 cup of almonds
  - 1 cup of applesauce
  - 1/3 cup of honey
  - 1 teaspoon of cinnamon and 1 teaspoon of vanilla extract
- Note: you will also need wax paper

## INSTRUCTIONS

1. Mix applesauce, honey and optional cinnamon and vanilla in a bowl
2. Toss oats, nuts and dried fruit to food processor, blend until it is an even, chunky consistency
3. Add in applesauce mixture and pulse until evenly blended
4. Line 8 x 8 x 2 inch pan with wax paper
5. Add oat mixture to pan
6. Bake at 350 for 20 to 30 minutes or until the edges are brown
7. Remove from pan and slice into bars
8. Enjoy!

