

## **Gluten-Free BLUEBERRY OAT BARS**

(original recipe from Quaker Oats Treasury of Recipes)

### Crust:

- 1  $\frac{3}{4}$  cups gluten-free oats
- 1  $\frac{1}{2}$  cups gluten-free flour (I use organic, sprouted from To Your Health)
- $\frac{3}{4}$  cup coconut sugar
- $\frac{1}{2}$  cup chopped walnuts (I use soaked and dehydrated nuts)
- $\frac{1}{2}$  tsp baking soda
- $\frac{1}{4}$  tsp salt
- $\frac{3}{4}$  cup (1  $\frac{1}{2}$  sticks) melted butter

### Filling:

- 3 cups fresh or frozen blueberries
- $\frac{1}{2}$  cup coconut sugar
- 3 Tablespoons water
- 2 Tablespoons arrowroot starch
- 1 Tablespoon lemon juice

### Instructions:

1. Heat oven to 350°F. Grease 11x9 glass baking dish.
2. Combine dry ingredients for crust. Add butter, mixing until crumbly.
3. Spread a little over half of the mixture onto the bottom of the prepared baking dish. Press firmly. Bake 10 minutes.
4. In a small saucepan, combine blueberries, coconut sugar and 2 tablespoons water. Bring to boil and simmer uncovered for 2 minutes, stirring occasionally.
5. Combine arrowroot starch with remaining tablespoon of water and lemon juice, mix well.
6. Gradually stir into blueberry mixture, cook and stir about 30 seconds or until thickened.
7. Spread filling over partially baked crust to within  $\frac{1}{4}$ -inch of dish edge. Sprinkle remaining crust on top and press lightly.
8. Bake 18-20 minutes. Cool and cut into bars.

Submitted by Linda Fels