

Blueberry Walnut Bars

Prep time: 15 minutes, plus 35-40 minutes to bake
Yield – 12 large or 16 medium-sized bars



Sue Smith's Blueberry Walnut Bars

2 1/4 cups old-fashioned rolled oats
1 tablespoon chia seeds, finely ground
3 tablespoons water
1 cup unsweetened almond or soy milk
1/2 cup mashed banana (1 medium)
1/4 cup maple syrup
1/4 cup coconut oil, melted
1 teaspoon vanilla
1 teaspoon cinnamon
1/2 teaspoon baking powder
1/4 teaspoon salt
1/2 cup walnuts, chopped
1 1/4 cups blueberries

Preheat oven to 350 F and
grease an 8"x 8" baking pan
with coconut oil.

1. In a small bowl, mix ground chia seeds with water and let sit for 5-10 minutes to thicken.
2. Meanwhile, process 1 cup oats in a food processor or blender until they are finely ground into flour. Set aside.
3. In a large bowl, add milk, banana, maple syrup, coconut oil, chia seed mixture, and vanilla and whisk to combine. Add remaining 1 1/4 cups oats, oat flour, cinnamon, baking powder, salt, and walnuts and stir to combine.
4. Fold in blueberries and pour batter into prepared baking pan.
5. Bake for 35-40 minutes or until the edges are golden brown and the center has set.
6. Cool before cutting into 12 or 16 bars. Store covered in the refrigerator for a few days, or wrap bars individually and freeze.