

Blueberry-Oat Breakfast Squares

GLUTEN-FREE • VEGAN



Tested and Approved by 86lemons.com

<http://86lemons.com/blueberry-oat-breakfast-squares>

Original Recipe Source:

FatFree Vegan Kitchen

<http://blog.fatfreevegan.com/2008/07/blueberry-oat-bars.html>

YIELDS: 16 small squares or 9 large squares

NOTE:

This recipe is not overly sweet. If you prefer a sweeter version, add more agave nectar, maple syrup or stevia to the blueberries as they are cooking. Or add a sugar glaze on top by mixing a little vegan powdered sugar with water until it's the right consistency for drizzling.

STEP 1:

Preheat oven to 375°F. Oil an 8" square baking dish.

STEP 2 (blueberry filling):

In a small saucepan, combine the blueberries, agave nectar and apple juice. Bring to a boil over medium-high heat. When it boils, stir in the vanilla and the cornstarch mixture. Continue to stir as the mixture boils and thickens. Remove from heat and set aside.

STEP 3:

Put 1½ cups of the oatmeal into a food processor and process into a fine powder. Pour it into a medium-sized mixing bowl and add the remaining oatmeal, cinnamon, baking powder, and salt. Mix well.

STEP 4:

Stir in the apple sauce, agave nectar, water and vanilla, and mix well. Spread half of the batter into the prepared pan, smoothing well to cover the bottom of the pan. Spoon the blueberry filling over the batter, and cover the blueberries with the remaining batter.

STEP 5:

Bake for 30 minutes, or until the top is lightly browned. Allow to cool before cutting into bars.

BLUEBERRY FILLING INGREDIENTS:

- 1 pint blueberries
- ¼ cup agave nectar
- ¼ cup apple juice
- ½ tsp vanilla
- 2 Tbsp cornstarch mixed with enough water or juice to form a smooth paste (about 2-3 tsp)

BATTER INGREDIENTS:

- 3 cups gluten-free oatmeal (regular, not instant)
- ½ tsp cinnamon
- 1½ tsp baking powder
- ¼ tsp salt
- ¾ cup unsweetened applesauce
- 6 Tbsp agave nectar
- 6 Tbsp water
- 1 tsp vanilla