

# Blueberry Oatmeal Breakfast Bars

## Berry Oatmeal Breakfast Bars

### Ingredients:

- 1 c. whole oats
- 1 c. oat flour\*\* (grind 1  $\frac{1}{2}$  cups whole oats to get 1c oat flour)
- $\frac{1}{2}$  c. brown sugar
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  tsp. baking soda
- $\frac{1}{2}$  c. milk
- 2 eggs
- $\frac{1}{4}$  c. butter (or margarine), melted
- 1 tsp. vanilla extract
- 1 c. berries, fresh or frozen (or mixed berries) (if whole strawberries cut in half or quarters)
- $\frac{1}{3}$  c. chocolate chips (optional)

### Method of Preparation:

1. Preheat oven to 350 F. Grease an 8" square pan.
2. Grind 1  $\frac{1}{2}$  cups whole oats in food processor to make oat flour
3. Combine 1 cup whole oats, 1 cup oat flour, brown sugar, salt, and baking soda in a large bowl.
4. Stir in milk, eggs, butter, & vanilla until all incorporated well.
5. Fold in strawberries gently.
6. Spread mixture evenly into the prepared pan. Top with shredded coconut.
7. Bake in preheated oven until the edges are golden brown, about 35 minutes.
8. Allow to cool in the pan for at least 10 minutes before cutting.

# Blueberry Oatmeal Breakfast Bars