



Easy No-Bake Blueberry Bars

BY U.S. Highbush Blueberry Council

🕒 10 MINS | 🍴 16 SERVINGS

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INGREDIENTS

2 cups blueberries	1/4 cup chia seeds
1 cup oats	1 teaspoon zest of orange
1 cup dates pitted	1/2 teaspoon cinnamon
1/2 cup sliced almonds toasted	1/3 cup confectioner's sugar
	1 teaspoon water

NUTRITION INFORMATION PER SERVING

Calories 101kcal	Sodium 1.14mg
Carbs 18g	Fiber 3.3g
Protein 2.5g	Added Sugar 2.44g
Total Fat 2.67g	Fruits 0.14 servings
Saturated Fat 0.27g	Vegetables 0 servings

Method

1. Line an 8-inch x 8-inch pan with foil, leaving a 2-inch overhang and spray with cooking spray.
2. In a food processor, combine 1 cup blueberries, oats, dates, almonds, chia seeds, orange zest and cinnamon and process until mixture is sticky and holds together.
3. Stir in remaining 1 cup blueberries.
4. Press into prepared pan and refrigerate until set, at least 2 hours.
5. Combine confectioners' sugar and orange juice and drizzle over top if desired.
6. Cut into 16 bars.

