

# Blueberry and Chia Snack Bars



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↑↓ Servings: 12 bars

## NUTRITION (per serving)

CALORIES	PROTEIN	FATS	CARBS	FIBER
158 kcal	3 g	6 g	23 g	2 g

PREP TIME 20 mins	COOK TIME 40 mins	COURSE Snack
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## INGREDIENTS

### Blueberry Chia Jam

- 1.5 Cups Blueberries
- 1.5 Tbsp Chia Seeds
- 1 Tbsp Maple Syrup

### Bars

- 1 Cup Oat Flour
- 1 Cup Rolled Oats
- 2 Tbsp Raw Sugar
- 0.5 Tsp Ground Cinnamon
- 1 Pinch Salt
- 0.5 Tsp Baking Soda
- 0.5 Cup Unsweetened Apple Sauce
- 0.25 Cup Maple Syrup
- 0.25 Cup Coconut Oil Melted

## INSTRUCTIONS

1. Preheat oven to 325°F (163°C).
2. Grease baking dish with coconut oil or cooking spray.
3. Heat a small saucepan over a medium heat.
4. Add blueberries, chia seeds and maple syrup.
5. Cook for around 10 minutes, stirring often.
6. Once done, use a potato masher to mash the blueberries to create your "jam". Once complete set aside.
7. Combine oats, oat flour, sugar, cinnamon, salt and baking soda in a large bowl.
8. Add applesauce, maple syrup and coconut oil and combine well.
9. Set aside a heaping half cup of the oat mixture and then press the rest evenly into the prepared pan.
10. Top with blueberry chia jam, spreading evenly with a spoon or spatula.  
Sprinkle the rest of the oat mixture on top.
11. Bake for around 30 minutes, Once complete let cool completely on a wire rack before cutting into 12 bars.
12. Once done refrigerate.



#### KEYWORDS

Snack