



Fresh Chilean Blueberry Oatmeal Crumble Bars

INGREDIENTS

BERRY FILLING

3 cups fresh blueberries
1/2 cup sugar
2 Tbsp. orange juice
1 Tbsp. cornstarch

CRUST AND CRUMBLE TOPPING

2 cups old fashioned rolled oats
3/4 cup flour
3/4 cup brown sugar, packed
1-1/2 tsp. grated orange zest
1/4 tsp. baking soda
1/4 tsp. salt
1 stick sweet butter, melted



INSTRUCTIONS

Preheat oven to 350°F. Line a 9 inch square pan with parchment paper.

In a medium saucepan stir together all filling ingredients. Bring to a boil over medium high heat stirring often to reduce until mixture is thick and the berries breakdown, about 15 minutes. While filling is cooking make the crust.

For crust and crumble, mix together the first 6 ingredients in a medium bowl. Add melted butter to blend well. Reserve 3/4 cup for topping. Transfer remaining mixture to baking pan. Press firmly in bottom to form a crust. Spoon filling in an even layer. Sprinkle with remaining topping. Bake for 30 to 35 minutes. Cool before cutting.

SERVES 9 (2x2 inch squares)

NUTRIENTS PER SERVING

338 calories, 100 calories from fat, 11 gms fat, 7 gms saturated fat, 27 mg cholesterol, 72 mg sodium, 3 gms dietary fiber, 4 gms protein

Recipe from the Chilean Fresh Fruit Association



www.ChileanFruitOnline.com