

BLUEBERRY OAT BAR

This is an easy recipe to make with kids, for them to eat on the go or for brekkie!

EASY	25 MINS	40 MINS	12

Ingredients

- 4 cups oat flour
- 1 cup Community Co Quick Oats
- 120 ml Community Co Honey
- 160 ml light extra virgin olive oil
- 2 tsp vanilla extract
- 3 cups Blueberries, roughly chopped (for the filling)
- 70 ml Community Co Honey (for the filling)
- 30 ml lemon juice (for the filling)
- 1/4 cup Community Co Chia Seeds (for the filling)

Instructions

1. Preheat the oven to 170C.
2. Make the dough by mixing oat flour, rolled oats, honey, extra virgin olive oil and vanilla extract together.
3. Reserve half of the dough for the crumble topping.
4. Press and lightly flatten the rest of the dough into a 20 x 20 cm tin and put it in the fridge.
5. To make the filling, put blueberries, honey, lemon juice and chia seeds together in a pot over medium heat, stir with a rubber spatula, cook for about 10 minutes, or until thickened.
6. Spoon the filling over the crust and evenly sprinkle the reserved oats on top.
7. Bake for 30 minutes until golden brown.
8. Cool and cut into bars, then store in containers.