

# BLUEBERRY OATMEAL BARS

This make-ahead quick breakfast is loaded with healthy fuel and blueberries for cancer prevention.



## INGREDIENTS

- ½ cup dried pitted Medjool dates
- 8 tablespoons hot water, divided, plus more for soaking dates
- 3 cups frozen blueberries, divided
- 2½ teaspoons vanilla extract, divided
- ½ cup well-shaken and stirred unsweetened coconut milk
- 1 ripe medium banana
- 1 large egg
- 2 teaspoons coconut extract
- 2¼ cups old-fashioned rolled oats
- 1½ cups chopped walnuts
- ¾ cup toasted unsweetened shredded coconut
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon salt

## DIRECTIONS

### STEP 1

Preheat oven to 375°F. Lightly coat an 8-inch baking pan with cooking spray.

### STEP 2

Place dates in a heatproof bowl; add enough hot water to fully cover by ½ inch. Let stand at room temperature until the dates are slightly softened, about 20 minutes.

### STEP 3

Meanwhile, combine 2 cups of frozen blueberries, 1 tablespoon water and ½ teaspoon vanilla in a small saucepan. Bring to a boil then reduce heat to medium-low and simmer, stirring often, until the blueberries are mostly broken down and the sauce is slightly thickened. Remove from heat and set aside.

### STEP 4

Drain the dates and transfer to a food processor; pulse until finely chopped and sticky, about 10 pulses. With the processor running, slowly pour the remaining hot water through the chute, a few tablespoons at a time, until a semi-smooth paste forms, about 1 minute, stopping to scrape down sides as needed.

### STEP 5

Add coconut milk, banana, egg, coconut extract and the remaining 2 teaspoons vanilla to the food processor with the date mixture; process until smooth, about 1 minute.

### STEP 6

In a large bowl, combine oats, walnuts, coconut, baking powder, cinnamon and salt. Add the date-banana mixture; stir until combined. Gently fold in the remaining 1 cup blueberries. Spoon half of the oat mixture into the prepared pan; spread in an even layer to fully cover the bottom. Spread the blueberry sauce evenly over the oat mixture; top with remaining oat mixture, spreading evenly over the sauce.

### STEP 7

Bake until just set in the center, 30 to 35 minutes. Let cool in the baking dish on a wire rack for 10 minutes before serving.

## NUTRITION FACTS

Serving Size: 1 piece | Total servings: 6 | Per Serving: 499 calories, total carbohydrate 51g, dietary fiber 11g, total sugars 19g, protein 11g, total fat 30g, saturated fat 9g, cholesterol 31mg, sodium 191mg



**Wisconsin Athletic Club**

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