

5 ingredient blueberry oat breakfast bars {vegan, sugar-free, oil-free, gluten-free}



5 from 5 reviews

Author: [Camilla](#) Prep Time: 10 mins Cook Time: 30 mins Total Time: 40 mins Yield: 16 bars

DESCRIPTION

Have a very good morning with one of my 5-ingredient, easy-to-make blueberry oat breakfast bars that are vegan, added sugar-free, oil-free, and gluten-free. Each bar has only 75 calories and the recipe can be customized as much as you like

INGREDIENTS

SCALE

- **Oat layers:**
- 2 and 1/2 cups (225 g) [rolled oats](#) (certified GF, as needed), divided
- 3/4 cup (175 mL) mashed very ripe banana
- 1/4 cup (26 g) [flaxseed meal](#)
- 3 tablespoons (45 mL) water
- 1/4 teaspoon [fine sea salt](#)
- **For the filling:**
- 2 cups (500 mL) blueberries (fresh, or frozen (thawed))
- 1 tablespoon [tapioca starch](#) or [arrowroot](#) starch (cornstarch will work, too)
- (Pptional) Pinch of sea salt

INSTRUCTIONS

1. Preheat oven to 350F (175C). Line an 8 inch (20 cm) [square baking pan](#) with [parchment paper](#) and spray with nonstick [cooking spray](#). Set aside.
2. **Oat layers:** In a [food processor](#), process 1 and 1/2 cups (135 g) of the oats into a fine flour. In a [large bowl](#), combine (use a fork) the oat flour, remaining 1 cup (90 g) oats, banana, [flaxseed meal](#), water and salt until combined and crumbly.
3. **Filling:** In a [large bowl](#), coarsely crush the blueberries with a fork. Sprinkle the [arrowroot](#) over berries and stir to combine. If desired, add a pinch of salt.
4. **Assembly:** Firmly press half of the oat mixture into the prepared pan, evenly tamping down. Evenly spread with the blueberry filling. Coarsely crumble remaining oat mixture over filling.
5. Bake in the preheated oven for 25 to 30 minutes or until filling is bubbly and topping is golden. Cool completely, in the pan, on a wire rack. Refrigerate until cold.
6. Remove from pan and cut into 16 bars.

NOTES

Storage: Store the cooled bars in an [airtight container](#) in the refrigerator for 1 week, or the freezer for up to 6 months.

Tips for adding more sweetness, fat (for crispness) and flavor: I like the minimally sweet flavor of these bars, but you can tailor them to suit your preferences. Taste both the uncooked banana oat mixture and the blueberries and decide if you want them sweeter. For crispier oat layers, feel free to add some fat by replacing some or all of the water with the oil of your choice. And add flavorings (spices, [vanilla extract](#), almond extract lemon zest) in the oat layers or filling, as you like!

Flax substitute: If you cannot eat flax, replace it with an equal amount of ground [chia seeds](#) or [almond meal](#)/flour.

Banana Substitute: An equal amount of applesauce can be used in place of the banana. It will not be sweet, so you may want to add a bit of sweetener (of your choosing) to taste.

Oat Notes: Either old-fashioned or quick-cooking oats can be used in the recipe.

NUTRITION

Serving Size: 1 bar (1/16 of recipe) *Calories:* 75 *Sugar:* 3.4 g *Sodium:* 37.6 mg *Fat:* 1.5 g *Saturated Fat:* 0.1 g *Carbohydrates:* 14.3 g
Fiber: 2.5 g *Protein:* 2.2 g *Cholesterol:* 0 mg

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