

Blueberry Delight

Description

This yogurt bar is nutritious and berry delicious! A filling of blueberries and velvety Greek yogurt tops a whole grain oatmeal crust.

Ingredients

- Nonstick cooking spray
- 2-1/2 cups quick cooking oats
- 1 quart Greek yogurt, vanilla, fat free, divided
- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1 egg
- 2 tablespoons cornstarch
- 4 cups blueberries, fresh or frozen, divided
- Flour, as needed

Instructions

1. Heat oven to 350°F.
2. Coat 9 x 9 x 2-in. pan with nonstick cooking spray.
3. In a bowl, mix oats, 3/4 cup yogurt, and brown sugar. (See photo #1)
4. Press out oat mixture evenly in bottom of pan. (See photo #2)
5. In a large bowl, whisk egg and cornstarch.
6. Add rest of yogurt and white sugar; stir until blended. (See photo #3)
7. If using frozen blueberries, toss 1 3/4 cup in flour until lightly coated; discard excess flour.
8. Gently fold 1 3/4 cup berries into batter; pour evenly over crust. (See photo #4)
9. Bake for 1 hour or until toothpick inserted into the center comes out clean.
10. Cool at room temperature for 30 minutes; refrigerate for at least 2 hours before serving.
11. Cut into 9 pieces.
12. Garnish each piece with 1/4 cup blueberries.



Makes 9 Servings
Prep Time: 20 min
Cook Time: 1 hr

Nutrition

Calories: 280
Total Fat: 3.5g
Saturated Fat: 0g
Cholesterol: 21 mg
Sodium: 60mg
Calcium: 15% Daily Value
Protein: 12g
Carbohydrates: 50g
Dietary Fiber: 3g

Photo #1



Photo #2



Photo #3



Photo #4

