

Best Blueberry Bars

Hazel Blue Acres – Silvana, WA

16 Servings

1 2/3 cup flour (or spelt or oat flour)

¾ tsp. baking powder

¼ tsp. salt

2/3 cup sugar (unrefined if desired)

¾ cup butter (or coconut oil or almond butter)

3 tbsp. milk of choice

1 tsp. vanilla extract

3 cups fresh OR frozen blueberries (bake a little longer if using frozen)

1 tbsp. cornstarch (or arrowroot)

2 tbsp. pure maple syrup (or sweetener of choice)

1. Preheat oven to 350 F.
2. Stir together the flour, baking powder, salt & sugar
3. Cut in the butter.
4. Stir in the milk & vanilla.
5. Press half the dough very firmly into the bottom of an 8x8 inch pan. This is about 1 ½ cups.
6. Toss the blueberries in a bowl with the cornstarch and maple syrup.
7. Sprinkle all the remaining dough evenly over everything. Press down firmly.
8. Bake for 50 minutes.
9. Let cool, then chill in the refrigerator before cutting into bars.

Source: chocolatecoveredkatie.com & shared by a customer