

# the Chef's

healthy  
choice

## Blueberry Granola Bars

### Ingredients:

- \* 1 cup Oats
- \* 1 tsp Canola oil
- \* 1/2 cup Light brown sugar
- \* 1/4 cup Whole-wheat flour
- \* 1 tsp. Cinnamon
- \* 1 tsp. Kosher salt
- \* 1 Egg, beaten
- \* 3 Tbsp. Canola oil
- \* 1 cup Frozen blueberries
- \* 2 tsp. Vanilla extract

### Directions:

Mix oats and 1 teaspoon oil together. Set aside. Combine sugar, flour, cinnamon and salt. Mix well. Mix wet ingredients (egg, remaining oil, vanilla extract). In a large bowl, combine mixture with dry ingredients.

Add oat mixture. Fold in frozen blueberries. Spread mixture on a greased cookie sheet and press firmly.

Bake in a 350-degree oven for 35 to 40 minutes until golden brown.

Makes 6 3-oz. servings.

Each 3-oz. serving contains: 250 calories, 10 g fat, 4 g fiber, 158 mg sodium, 6 g protein.

