



Theresa's Blueberry Rhubarb Bars

PERFECT FOR PEOPLE TRYING TO CUT BACK ON SUGAR

SERVINGS: 16 PCS

PREPPING TIME: 20 MIN

COOKING TIME: 25 MIN

Ingredients

Base:

1 1/4 cup rolled oats*
(1/4 cup raw (not toasted!)
buckwheat groats* optional)
2 very ripe bananas, mashed
1 tsp ground cinnamon

Filling:

2 bunches of rhubarb sliced
up half-inch pieces
Optional - sugar to taste

Topping:

1 1/2 cups defrosted frozen
blueberries, undrained, want all
that juice
4 Tbsp chia seeds



Directions

1. Combine base ingredients and allow grains to absorb mashed bananas. Press into lined and generously buttered 8x8" pan. Bake at 350F for 25-30 minutes until firmly set and brown.
 2. In small saucepan with close-fitting lid, cook rhubarb (and sugar if desired) over very low heat until softened, about 25 min and leave covered until base is ready so steam does not escape.
 3. Combine topping ingredients and mix well. Leave in fridge overnight or until the chia seeds soak up and gel the defrosted blueberry liquid.
- Assemble: Layer the rhubarb filling evenly over the base, pressing lightly with back of spoon. Evenly dollop the blueberry topping over the rhubarb and smooth to even layer.
- Refrigerate to set layers before cutting into bars.