

Blueberry Oatmeal Blondies

Ingredients:

¾ cup (1 ½ sticks) unsalted butter
¾ cup all-purpose flour
¾ cup whole-wheat flour
1 ¾ cup old-fashioned oats
2 teaspoons baking powder
1 teaspoon ground cinnamon
½ tsp salt
1 pint (about 2 cups) blueberries, rinsed and drained
1 ½ cup packed light brown sugar
2 large eggs
1 teaspoon vanilla extract

Directions:

Heat oven to 350° F, Line a 9-by 13-inch pan with parchment paper, leaving an overhang on the sides; lightly coat with cooking spray.

Place butter in a small sauce pan and cook on medium high heat, stirring often until it bubbles and brown flecks appear (about 7 minutes), remove from heat.

Meanwhile, in a large bowl, whisk together flours, oats, baking powder, cinnamon, and salt. Add blueberries and toss to coat.

In another large bowl, whisk together brown sugar, eggs, and vanilla until the mixture is smooth. Gradually add melted butter to the sugar mixture, whisking until smooth.

Add sugar and butter mixture to the dry ingredients, mixing until just combined.

Transfer to the prepared pan, spreading mixture evenly, using a spatula or wooden spoon coated with cooking spray. Bake until edges are golden brown and toothpick inserted in center comes out clean, 25-30 minutes. Let cool in the pan, then using overhanging parchment paper, transfer to a cutting board and cut into 24 pieces.

Nutrition Info: (for one bar)

Calories: 154

Fat: 5 grams

Saturated Fat: 2 grams

Carbohydrate: 23 grams

Fiber: 2 grams

Protein 2 grams

Sodium: 107 mg.

Exchanges: 1/2 starch, 1 fruit, 1 fat