



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Blueberry Oat Bars

Serves 12

Ingredients:

1 cup rolled oats
1 cup flour (white whole wheat or King Arthur GF baking flour)
½ cup brown sugar
½ tsp ground cinnamon
¼ tsp salt
8 TBSP unsalted butter (melted)
2 cups fresh blueberries
2 tsp corn starch
1 TBSP fresh lemon juice



Directions:

1. Preheat oven to 400 degrees F. Meanwhile, line an 8×8-inch baking pan with parchment paper so that the paper overhangs two sides like handles.
2. In a medium bowl, combine the oats, flour, brown sugar, cinnamon, and salt. Pour in the melted butter and stir until it forms clumps and the dry ingredients are evenly moistened. Set aside 1/2 cup of the crumble mixture, then press the rest into an even layer in the bottom of the pan.
3. Scatter half of the blueberries over the crust. Sprinkle the cornstarch evenly over the top, then sprinkle on the lemon juice. Scatter on the remaining berries. Sprinkle the reserved crumbs evenly over the top. You will have some fruit showing through.
4. Bake the bars for 30 to 40 minutes, until the fruit is bubbly and the crumb topping smells toasty and looks golden. Place the pan on a wire rack to cool *completely* (you can speed this process along in the refrigerator).

Nutrition Tips:

1. Oats are a whole grain and an excellent source of soluble fiber. In fact, oatmeal has the largest amount of soluble fiber per serving and has been shown in studies to help lower LDL cholesterol almost 10% if eaten daily.
2. Berries are an excellent source of antioxidants, substances that can help protect cells from damage caused by free radicals or unstable molecules. A good rule of thumb is that if it's a fruit with deep pigments that stain, it's likely rich in antioxidants.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.