

# Oat Avocado-Berry Breakfast Bars

This is the perfect breakfast bar for any busy morning. Make ahead and refrigerate to enjoy the next morning or individually wrap and freeze them for a grab-and-go breakfast later in the week.

## Ingredients

 **Servings** 15 **Serving Size** 1 bar

### Crust / Topping Ingredients

- Cooking spray
- 1 3/4 cups low-fat, low sugar granola
- 1 1/2 cups whole-wheat flour
- 2 tablespoon firmly packed brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/2 cup fat-free sour cream
- 2 tablespoon canola oil

### Filling Ingredients

- 1/2 cup pitted, coarsely chopped dates
- 1/2 cup avocado
- 1 cup frozen, unsweetened blueberries
- 1 tablespoon grated orange zest
- 1 teaspoon cornstarch

## Directions

 **Tip:** Click on step to mark as complete.

Preheat the oven to 350°F. Lightly spray a 13 x 9 x 2-inch baking pan with cooking spray.

Put the granola in a food processor. Pulse three times to break apart the large pieces (it should look like rolled oats). Transfer the granola to a large bowl. Stir in the flour, brown sugar, cinnamon, and salt until combined. Add the sour cream and oil.

Using a pastry blender or large fork, blend the mixture until it resembles pea-size crumbs.

Set aside one-half of the granola mixture. Press the other half into the baking pan to form a crust.

Bake the crust for 20 minutes, or until slightly browned. Transfer to a cooling rack. Let cool to room temperature.

Meanwhile, in a food processor, process the dates until smooth. Add the avocado, processing until smooth. Add the blueberries, orange zest, and cornstarch, processing until smooth.

Spoon the filling onto the cooled crust. Use a spatula to spread it. Sprinkle the reserved granola mixture over the filling. Bake for 15 minutes, or until the topping is slightly browned and the filling is set.

Transfer the baking pan to a cooling rack. Let cool. Cut into 15 bars.

Quick Tips

**Cooking Tip:** Store these bars in an airtight container in the refrigerator for up to two days or wrap them individually and freeze them for up to three months.



Calories

152 Per Serving



Protein

4g Per Serving



Fiber

4g Per Serving

Nutrition Facts

Calories	152
Total Fat	4.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.3 g
Cholesterol	1 mg
Sodium	76 mg
Total Carbohydrate	28 g
Dietary Fiber	4 g
Sugars	10 g
Protein	4 g