



Blueberry Date Freezer Bars

Written by Jodi

Original post including this recipe at www.reverycloud.com/blueberrydatefreezerbars.html

Prep Time: 20 minutes

Cook Time: 20 minutes

Makes: 16 (2x2") or 32 (1x1")

Ingredients

Base Layer

- 1 1/2 cups gluten free oats (divided)
- 1/2 cup unsweetened coconut flakes
- 1/2 cup pecans (optional and can be replaced with 1/4 cup nut butter)
- 1/2 tsp baking soda
- 1/4 tsp sea salt
- 1/4 cup coconut oil
- 3 Tbl Aquafaba (brine from chickpeas that acts as an egg replacer, but you can also use one flax egg, which is why I have flax shown)
 - Flax egg: combine 1 Tbsp ground flax with 3 Tbl water and let sit until needed (it will gel up)
- 5 Medjool Dates (pitted and sliced into quarters)
 - I highly recommend organic for dates in particular to avoid sulfites and other chemicals added as preservatives and wax coatings on non-organic fruits. This is especially common on dates.

Fruit Layer

- 1 tsp lemon juice
- 1/4 tsp sea salt
- 1/2 cup frozen blueberries

Directions

1. Preheat Oven to 325 f
2. Grease the sides and bottom of an 8x8 baking dish or place parchment in the bottom
3. Add 3/4 cup oatmeal to a food processor and process until they are mostly flour.
4. Add the coconut to the flour and a few of the base layer dates at a time and pulse until combined.
5. Add the remaining oats, pecans, baking soda and sea salt. Pulse to incorporate and process until well combined.
6. Finally, add in the aquafaba or flax egg and coconut oil and process until well combined.
7. Set 1/2 cup of mixture aside for the topping.
8. Wet hands or use a silicone spatula to press remaining mixture into the bottom of your baking dish. Rinse processor.
9. Add in the remaining dates, lemon juice, and sea salt and pulse until the dates are a caramel color.
10. Add in the blueberries and process until combined.
11. Wet hands again or use a silicone spatula to spread the fruit layer over the base oat layer.
12. Use the 1/2 cup oat mixture to crumble over the top and press lightly into the fruit layer.
13. Bake for 20 minutes.
14. Cool on a baking rack or cutting board and I recommend freezing before cutting. (Store in freezer)