

# Blackberry Breakfast Bars

*These bars are not only an exceptional way to start the day, but they're also great for the fast break - a quick energy snack between all those daily activities.*

Recipe Type: Breakfast, Fruits, Snack, Vegetarian

## Ingredients

2 cups Fresh or frozen blackberries  
2 Tbs sugar  
2 Tbs water  
1 Tbs lemon juice  
½ tsp ground cinnamon  
½ cup all purpose white flour  
½ cup all purpose wheat flour  
1 cup quick cooking rolled oats  
⅔ cup packed brown sugar  
¼ tsp ground cinnamon  
⅛ tsp baking soda  
½ cup margarine or butter melted



## Directions

- 1 For filling, using medium saucepan, combine blackberries, sugar, water, lemon juice and ½ teaspoon cinnamon.
- 2 Bring to a boil and reduce heat.
- 3 Simmer, uncovered, for about 8 minutes or until slightly thickened, stirring frequently.
- 4 Remove from heat.
- 5 For crust, in a large mixing bowl, stir together flour, oats, brown sugar, ¼ teaspoon cinnamon and baking soda.
- 6 Stir in melted butter or margarine until thoroughly combined.
- 7 Set aside 1 cup of the oat mixture for topping.
- 8 Press remaining oat mixture into an ungreased 9x9x2 inch pan.
- 9 Bake at 350 degree oven for 20 minutes.
- 10 Carefully spread filling on top of baked crust.
- 11 Sprinkle remaining oat mixture lightly pressing into filling.
- 12 Bake at 350 degrees for 20 to 25 minutes until topping is set.
- 13 Cool in pan on a wire rack.
- 14 Cut into 18 bars.

Oven Temperature: 350°F

## Cooking Times

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Total Time: 1 hour

## Nutrition Facts

Nutrition (per serving): 148 calories, 5.6g total fat, 3.3g saturated fat, 13.6mg cholesterol, 57.5mg sodium, 23.7g carbohydrates, 1.5g fiber, 14.4g sugar, 1.6g protein.

Servings: 18

Yield: 18 bars

## **Weight Watchers Points**

Note: The Weight Watchers points values do not include the blackberries and lemon juice.

Orig. WW Pts: 3

Points Plus: 4

Smart Points: 6

FreeStyle Smart Points: 6

## **Tips**

You can substitute the blackberries with your favorite berry flavor. Or make it a mixed berry bar by using 2 or more different types of berries.

Source: Oregon Raspberry and Blackberry Commission

Web Page: [www.oregon-berries.com](http://www.oregon-berries.com)