

Apricot Blueberry Oat Bars

Ingredients

1/4 cup + 2 tbsp all-purpose flour
1/4 tsp baking powder
1/2 cups old fashioned rolled oats
1/4 cup packed brown sugar
1/4 tsp cinnamon
Pinch salt
45 g butter, room temperature

110 g apricot, small diced
1 tsp sweetener of choice
1/2 cup blueberries

Instructions

1. Preheat oven to 350 degrees.
2. Line a muffin tin with 5 muffin liners.
3. In a bowl mix the flour, baking powder, oats, brown sugar, cinnamon and salt.
4. Mix the butter into the oat mixture until it resembles wet sand, when pressed together the mixture should hold.
5. Scoop 2/3 of the oat mixture amongst the lined muffin tin and using a spoon or fingers press down to compact.
6. Bake the base of the oat cups for 8 minutes.
7. In the meantime, make the apricot jam; in a pot place the diced apricot and the sweetener of choice. Over medium heat mix the apricots as they lose their juices they will break down. Cook for 3-5 minutes until broken down and soft.
8. Once the base of the oat cups is baked, divide the apricot jam amongst the oat cups.
9. Divide the blueberries amongst the oat cups and place over the apricot jam.
10. Sprinkle the remaining oat mixture over the blueberries.
11. Bake the oat cups for 15-20 minutes until the blueberries are soft and the top oat mixture is golden brown.
12. Let cool for a few minutes then remove from muffin liner and serve.