

## Nut-Free Blueberry Granola Bars

2 cups rolled oats

¾ cup dried blueberries (or any other dried fruit)

1 Tablespoon light brown sugar

¼ cup + 1 Tablespoon vegetable oil

¼ cup honey

1 teaspoon vanilla extract

Wash hands. Preheat oven to 325 degrees. Grease an 8x8-inch square pan with cooking spray, and line with parchment paper if desired.

Combine oats, blueberries, and brown sugar in a large bowl. Add oil, honey, and vanilla extract and stir until evenly combined.

Pour mixture into pan and press with a spatula to flatten. Bake for 30-35 minutes, until lightly golden and crisp to the touch. Allow to cool completely in pan and then cut into 12 equal-sized bars. Yield: 12 bars

Nutrition information per serving: 160 calories, 7 g fat, 2 g protein, 24 g carbohydrate, 2 g fiber, 0 mg sodium