

# Whole Grain Blueberry Bars

This recipe was made with local Whole Wheat Flour from Westwind Milling Co. & local Blueberry Preserves from Brownwood Farms. It was sampled in all 6 Dexter schools during the Farm Fresh Food Days in February 2014. This recipe makes 24, 1-inch bars.

## Ingredients:

1½ cups whole-wheat flour (Local, when possible)  
1½ cups rolled oats  
⅓ cups packed brown sugar  
½ tsp salt  
¾ cups very cold butter or margarine, cut into cubes  
3–4 Tbsp cold water  
¾ cups jam, apple butter, or other fruit preserves (Local, when possible)



## Materials:

8 x 8 Baking Pan  
Parchment paper OR Cooking spray  
Food Processor OR Mixer with the whisk attachment

## Directions:

Preheat oven to 350°F. Cover baking pan with cooking spray or parchment.

In the bowl of a food processor (or mixer), combine the flour, oats, sugar and salt, and pulse 8–10 times (or mix on low until combined). Scatter the cubed butter over the dry ingredients, and add 3 tablespoons of the water. Mix just until the dough holds together when pressed; add another tablespoon of water if needed. Avoid over-mixing or the dough will be tough.

Pour half the dough evenly over the baking pan, and press it down using a spatula. Cover evenly with jam. Sprinkle the remaining dough on top of the preserves and press down.

Bake for 25-30 minutes or until beginning to brown on the edges.

Cool and cut into bars. Store in an airtight container for 3 days, the fridge for a week or the freezer for 3 months.

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