

## Blueberry Oatmeal Squares

**Makes 24 small squares**

2 ½ cups rolled oats  
1 ¼ wheat or spelt flour  
1 cup brown sugar, packed  
¼ tsp salt  
¾ cup butter, cubed

Filling:

3 cups fresh or frozen local blueberries  
1/3 cup maple syrup or honey  
1 tsp lemon juice  
4 tsp cornstarch mixed with 2 Tbsp water

Make the filling. In a saucepan, bring the blueberries, maple syrup and lemon juice to a boil, reduce the heat and simmer until tender, about 10 minutes. Whisk the cornstarch with water and whisk into the blueberries, boil and stir until thickened. Let cool for about an hour. Placing a piece of plastic wrap or wax paper directly on the blueberry mixture will prevent the filling from forming a skin.

In a large bowl, mix together the oats, flour, brown sugar and salt. With a pastry blender, cut in the butter until coarse crumbs form. Press half the mixture into an 8 inch square oiled pan, then spread on the blueberry filling. Sprinkle with the remaining oat mixture and press lightly. Bake in the centre of the oven until golden brown, approximately 45 minutes. Let cool before cutting into squares.



### **Local Ingredients:**

Wheat Flour  
Butter  
Blueberries  
Maple Syrup  
Honey

