

Blueberry 'Poptarts'

*This recipe requires the use of an **OVEN**, adult supervision, and most likely adult assistance.

Makes 12 squares

Ingredients:

2 cups Oat Flour
½ cup Brown Sugar
2 tablespoon Flax Meal
1 teaspoon Baking Powder
½ teaspoon Salt
¾ cup Applesauce
2 cups Blueberries, frozen

*Need: Wax Paper, Parchment Paper, Baking Sheet, Rolling Pin



Directions:

1. Preheat oven to 350°F. Place parchment paper on a baking sheet.
2. Measure out oat flour, sugar, flax meal, baking powder, and salt; pour into a bowl and stir well. Measure and add in the applesauce.
3. Heat up the frozen blueberries and place on top of dough on baking sheet.
4. Divide dough in half; put half on the baking sheet, place wax paper on top of dough and roll to about ¼ inch thick, 8x10 inches wide.
5. Place wax/parchment paper on your working surface, put the rest of the dough on top and another sheet on top of the dough; roll same as before and remove top paper.
6. Spread blueberries on top of dough on the baking sheet
7. Lay second half of rolled dough, dough down, on top of the blueberries and carefully peel paper off of the dough.
8. Bake 15 to 20 minutes, til golden. Let cool, cut into 12 pieces. Enjoy!