

Blueberry Oatmeal Bars

This recipe makes 6 cups of oatmeal to make bars from



Ingredients

1 cup steel cut oats
1 ½ cups water
1 ½ cups milk or protein powder mixed with water
1 ½ tsp cinnamon
½ tsp nutmeg
½ tsp ginger
1 tsp vanilla
2 cups washed blueberries
¼ - ½ cup PB2 powder

Directions:

1. Combine all ingredients in a pressure cooker and mix well.
2. Set the pressure cooker to high pressure for 4 minutes, then allow it to naturally release.
3. Spread the mixture evenly on a parchment-lined tray.
4. Push dividers into the tray, setting them to the desired bar size.
5. Cover with a lid and freeze until completely solid.
6. Freeze dry (my cycle time was 28 hours)
7. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add ½ cup of warm water to 2 portions of a 20-portion tray (each divider portions contains about ¼ cup of oatmeal). Let it sit for a few minutes to rehydrate.

Notes:

Place the dividers based on how you want to portion the oatmeal-either for easy rehydration or as a grab-and-go snack bar. These make excellent snack bars.

You can add freeze-dried blueberries during rehydration for extra chunkiness. If you prefer a stronger blueberry or peanut butter flavor, simply increase the amount of blueberries and PB2 powder.

Nutritional Value Per 1 cup of oatmeal

Calories: 280 Protein: 12 g Fat: 6 g Carbohydrates: 45 g Sugar: 14 g Fiber: 7 g