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Blueberry Oatmeal Squares

**Note:** You can use raisins instead of blueberries to make cinnamon-raisin oatmeal squares.

**Prep and cook time:** 25 minutes

**What you need:**

- 1½ cups quick oats
- ½ cup whole-wheat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ cup fresh or frozen blueberries
- 1 egg
- 1 cup skim milk
- 3 tablespoons apple sauce
- ¼ cup brown sugar

**Equipment and supplies:**

- Large mixing bowl
- 8x8-inch baking pan
- Measuring cups and spoons

**What to do:**

1. Preheat oven to 350° F.

2. Coat baking pan with cooking spray.

3. Place all of the ingredients into a large bowl and mix until just combined.

4. Pour into prepared pan and bake for 20 minutes or until a toothpick inserted into the center comes out clean.

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**Nutrition Facts**

Serving Size 1 Square

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat % Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 1.5g</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 25mg</td>
<td>1%</td>
</tr>
<tr>
<td>Sodium 95mg</td>
<td>4%</td>
</tr>
<tr>
<td>Total Carbohydrate 23g</td>
<td>8%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>10%</td>
</tr>
<tr>
<td>Sugars 8g</td>
<td></td>
</tr>
<tr>
<td>Protein 5g</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

- Calories: 2,000 - 2,500

Total Fat
- Less than 12g 7g
- Less than 20g 13g
- Less than 25g 19g

Sodium
- Less than 2,400mg 1,500mg
- Less than 3,000mg 2,400mg

Sugars
- Less than 10g 5g

Calories per gram:
- Fat 9  carbohydrate 4  protein 4
5. Allow to cool for 5 minutes and cut into squares.

**How much does this recipe make?**
9 squares

Reviewed by: Mary L. Gavin, MD  
Date reviewed: January 2011

Note: All information on KidsHealth® is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.

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