



## July 12- Blueberry Bling

Smart Snack

Link: <https://www.foodhero.org/recipes/blueberry-bling>

### Recipe

*Ingredients:*

- 3 cups blueberries
- 2 teaspoons margarine
- 1 Tablespoon all-purpose flour
- 1 Tablespoon brown sugar
- ½ cup rolled oats
- ½ teaspoon ground cinnamon

*Directions:*

1. Preheat the oven to 375 °F.
2. Place frozen blueberries in a 9-inch pie plate. If using fresh blueberries, wash and drain before placing in a 9-inch pie plate.
3. In a small bowl, use a fork to mix margarine, flour, sugar, oats and cinnamon.
4. Sprinkle oat mixture over the blueberries.
5. Bake about 25 minutes. Enjoy while warm!

Yield 4 servings

### Nutrition Facts

Serving Size 1/2 cup (125.61g)

Servings Per Container 4

#### Amount Per Serving

**Calories** 140      **Calories from Fat** 25

**% Daily Value\***

**Total Fat** 3g      **5%**

Saturated Fat 1.5g      **7%**

Trans Fat 0g

**Cholesterol** 5mg      **2%**

**Sodium** 25mg      **1%**

**Total Carbohydrate** 26g      **9%**

Dietary Fiber 4g      **15%**

Sugars 13g

**Protein** 2g      **5%**

Vitamin A 2%      •      Vitamin C 20%

Calcium 0%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.