Prep: 20 minutes | Chill: 1 hour | Bake: 35–40 minutes | Total: ~2 hours

These soft, chewy oat bars wrap a jammy, juicy blueberry filling between two layers of buttery rolled oats. The filling is cooked down with a touch of lemon and cornstarch so it stays thick and glossy instead of soaking the crust — which means every square holds together and stays moist for days. They're equally good warm from the oven with ice cream or cold from the fridge straight from the container.

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Ingredients

For the blueberry filling

- 3 cups (about 450 g) fresh or frozen blueberries
- 1/4 cup (50 g) granulated sugar
- 1 tbsp freshly squeezed lemon juice
- 1 tsp lemon zest

- 2 tbsp cornstarch
- 2 tbsp cold water
- Pinch of salt

For the oat layers

- 1 1/2 cups (135 g) rolled oats (not quick oats)
- 1 cup (125 g) all-purpose flour
- 1/2 cup (50 g) almond flour or finely ground oats
- 1/2 cup (100 g) packed light brown sugar
- 1/2 tsp baking soda
- 1/2 tsp fine salt
- 1/2 tsp ground cinnamon (optional)
- 3/4 cup (170 g) unsalted butter, melted and slightly cooled

- 1 large egg
- 1 tsp vanilla extract
- 2 tbsp honey or maple syrup

Method

Step 1 — Make the filling (10 minutes active, medium heat)
Combine blueberries, sugar, lemon juice, zest, and salt in a medium saucepan over medium heat. Cook, stirring occasionally, until the berries release their juices and begin to bubble, about 5–6 minutes. Whisk the cornstarch into the cold water until smooth, then stir it into the pan. Continue cooking, stirring constantly, for 2–3 minutes until the mixture thickens noticeably and coats the back of a spoon. It should be thick enough to hold a line when you drag a spatula through it. Remove from heat, scrape into a bowl, and cool for at least 20 minutes (or refrigerate up to 3 days). *Intensity: gentle simmer — avoid a rolling boil, which can break down the berries too much.*

Step 2 — Prepare the pan (5 minutes)
Preheat the oven to 350°F (175°C). Line an 8×8-inch (20×20 cm) square baking pan with parchment paper, leaving overhang on two sides for easy lifting. Lightly grease the parchment.

Step 3 — Mix the oat base (5 minutes, low intensity)
In a large bowl, whisk together the rolled oats, all-purpose flour, almond flour, brown sugar, baking soda, salt, and cinnamon. In a separate bowl, whisk the melted butter, egg, vanilla, and honey until smooth and glossy. Pour the wet mixture into the dry ingredients and stir with a spatula until evenly combined — the mixture should look like damp, clumpy sand and

hold together when squeezed.

Step 4 — Build the layers (5 minutes)
Press about 60% of the oat mixture (roughly 2 1/2 cups) firmly and evenly into the bottom of the prepared pan. Use the flat bottom of a measuring cup to compact it — this is what keeps the bars from crumbling. Spread the cooled blueberry filling over the base in an even layer, leaving a 1/2-inch border. Scatter the remaining oat mixture over the top in small clumps; don’t press it down, so you get a textured, slightly crumbly topping.

Step 5 — Bake (35–40 minutes, moderate oven)
Bake on the center rack for 35–40 minutes, until the top is deep golden brown and the filling bubbles at the edges. If the topping browns too quickly after 25 minutes, tent loosely with foil. *Intensity check: the bars should look set at the edges but still slightly soft in the center — they firm up as they cool.*

Step 6 — Cool and chill (1 hour)
Cool completely in the pan on a wire rack, about 45 minutes, then refrigerate for at least 1 hour before slicing. This step is not optional — warm bars will collapse. Lift out using the parchment overhang and cut into 12 bars with a sharp knife, wiping the blade between cuts.

Nutrition (per bar, based on 12 bars)

Nutrient	Amount
Calories	~265 kcal
Total fat	13 g
— Saturated fat	7 g
Carbohydrates	34 g
— Sugars	16 g
— Fiber	3 g
Protein	4 g
Sodium	130 mg