

Blueberry Delight

Ingredients:

1 1/4 cups	rolled oats
1/3 cup	brown sugar
1/2 tsp.	ground cinnamon
2 Tbsp.	60% oil margarine such as Olivio brand
1/4 cup	apple juice concentrate
1 Tbsp.	water
1 Tbsp.	fresh squeezed lemon juice
1 tsp.	grated lemon peel
1 1/2 Tbsp.	white flour
1 lb.	(4 cups) fresh or frozen blueberries

Directions:

Preheat oven to 425 degrees F.

Blend oats, brown sugar, cinnamon, and margarine in a food processor or blender just until mixed.

Mix apple juice concentrate, water, lemon juice, lemon peel, & flour together & then mix with berries.

Sprinkle half the oatmeal mixture (about 1 cup), then the berry mixture & then the remaining oatmeal mixture in an 8-inch square pan.

Bake for 40 minutes. Serve warm or cold.

Yield: 12 servings

Nutrition Information: *One serving contains 123 calories, 3 g. total fat, less than 1 g. saturated fat, 0 mg. cholesterol, 6 mg. sodium, 2 g. fiber.*