**No Sugar Added Blueberry Pie Bar**

**For 1 serving**

**Nutrition** Calories: 98kcal | Carbohydrates: 20.9g | Protein: 2.4g | Fat: 1.1g | Fiber: 3.5g | Sugar: 18g

**Ingredients**

**Pie Bar Crust:**

* ½ of a large ripe pear, preferably Bartlett
* 2 tablespoons of applesauce
* ¼ tsp lemon juice
* ¼ tsp cinnamon
* ¼ tsp baking powder
* ¼ tsp sea salt
* ¼ cups oats
* 1 tsp Blueberry Juice
* NSA Whipped Cream

**FILLING:**

* 2 ounces blueberries fresh or frozen
* 1 Tbsp. 100% organic apple juice divided
* 1 ¼ tsp arrowroot
* 0.8 tsp vanilla extract
* 1.5 tsp Freeze Dried Blueberry

**Instructions**

* Preheat the oven to 350 degrees
* Process in a bender the pears and blueberry juice until there is an applesauce consistency.
* Add to the blueberry & pear mixture applesauce, lemon juice, cinnamon, baking powder, and salt.
* Add in the oats and process until everything is well combined. Set aside for a later use.
* Heat the blueberries with three tablespoons of apple juice until boiling inside a small sauce pot.
* Lower the heat to a simmer, and cook five minutes stirring a few times during the process.
* In a small bowl, mix the arrowroot with the remaining tablespoon of apple juice.
* Pour the arrowroot mix into the hot blueberries, stirring frequently.
* Stir in the vanilla and remove the pan from the heat, continue to stir until thickened.
* Lightly oil 2 individual silicone baking dishes.
* Spread about half of the pie crust batter into the two baking dish and prebake for 20 minutes or until pie crust done. ***\*Take a tooth pick and insert inside crust. Remove tooth pick from crust and if the tooth pick runs clean, the crust is done. \****
* Take 1 layer of the pie crust and place as the base of bar.
* Spoon filling on top of base layer. And place inside oven.
* Bake 25-30 minutes, remove from the oven and allow to cool down inside refrigeration for 1 hour.
* Once cooled, add top pie crust.
* Top with NSA Whipped Cream

**No Sugar Added Blueberry Pie Bars**

**For 4 serving**

**Nutrition** Calories: 98kcal | Carbohydrates: 20.9g | Protein: 2.4g | Fat: 1.1g | Fiber: 3.5g | Sugar: 18g

**Ingredients**

**Pie Bar Crust:**

* ¾ of large ripe pears, preferably Bartlett
* ¼ cup applesauce
* ½ tsp lemon juice
* ¾ tsp cinnamon
* ½ tsp baking powder
* 1 tsp sea salt
* ¾ cups oats
* 2 ½ tsp Blueberry Juice
* NSA Whipped Cream

**FILLING:**

* ½ cups blueberries fresh or frozen
* ¼ cup 100% organic apple juice divided
* 2 tsp arrowroot
* ½ tsp vanilla extract
* 1Tbsp+3tsp Freeze Dried Blueberry

**Instructions**

1. Preheat the oven to 350 degrees
2. Process in a bender the pears and blueberry juice until there is an applesauce consistency.
3. Add to the blueberry & pear mixture applesauce, lemon juice, cinnamon, baking powder, and salt.
4. Add in the oats and process until everything is well combined. Set aside for a later use.
5. Heat the blueberries with three tablespoons of apple juice until boiling inside a small sauce pot.
6. Lower the heat to a simmer, and cook five minutes stirring a few times during the process.
7. In a small bowl, mix the arrowroot with the remaining tablespoon of apple juice.
8. Pour the arrowroot mix into the hot blueberries, stirring frequently.
9. Stir in the vanilla and remove the pan from the heat, continue to stir until thickened.
10. Lightly oil 2 individual silicone baking dishes.
11. Spread about half of the pie crust batter into the two baking dish and prebake for 20 minutes or until pie crust done. ***\*Take a tooth pick and insert inside crust. Remove tooth pick from crust and if the tooth pick runs clean, the crust is done. \****
12. Take 1 layer of the pie crust and place as the base of bar.
13. Spoon filling on top of base layer. And place inside oven.
14. Bake 25-30 minutes, remove from the oven and allow to cool down inside refrigeration for 1 hour.
15. Once cooled, add top pie crust.
16. Top with NSA Whipped Cream