



Blueberry Walnut Bliss Bars

With power-packing oats, walnuts and blueberries, kids aren't the only ones that are going to love this sweet treat. Health-minded parents can feel good about these bars, too.

Ingredients

2/3 cup walnuts ground
1/2 cup graham cracker crumbs
2 tablespoons plus 1/3 cup sugar, divided
1/3 cup old-fashioned oats
3 tablespoons margarine
1 package (8 ounces) reduced-fat cream cheese
1 tablespoon orange juice

1/2 teaspoon vanilla extract
1/2 cup reduced-fat whipped topping
2 tablespoons blueberry preserves
1-1/2 cups fresh blueberries

Directions

In a small bowl, combine the walnuts, cracker crumbs, 2 tablespoons sugar, oats and butter.

Press onto the bottom of an 8-in. square baking dish coated with cooking spray.

Bake at 350° for 9-11 minutes or until set and edges are lightly browned. Cool on a wire rack.

In a large bowl, beat cream cheese and remaining sugar until smooth. Beat in orange juice and vanilla. Fold in whipped topping. Spread over crust.

In a microwave-safe bowl, heat preserves on high for 15-20 seconds or until warmed; gently stir in blueberries. Spoon over filling. Refrigerate until serving.