

# Bliss Bars



With simple ingredients, this recipe is not only easy, but certified gluten-free, free of grains, soy, corn and dairy. My go to item when traveling. Makes a perfect morning muffin.

**Serves** 12

**Total Time** 45 min

## Ingredients

3 eggs  
1/3 cup olive oil  
1/3 cup water  
1 tbsp vanilla  
1.5 cups blueberries (fresh or frozen)  
1 box Simple Mills Vanilla Cupcake & Cake mix ([click here to order or find the nearest store location](#))

## Directions

1. Follow box directions until all ingredients are in a bowl (please follow cake directions)
2. Before you pour batter into prepared pan, mix in blueberries
3. Cook mixture for 40 minutes
4. Cut into smaller bars, enjoy while it's hot and freeze or refrigerate the rest for travel
5. For added pleasure place a dollop of butter ([click here to read why I support eating butter](#))

When possible, use organic, grass-fed meat and non-GMO ingredients. Eating healthy can be overwhelming, especially when cost is a factor. Do what you can, when you can. I encourage you to view eating as a spiritual practice. The act of sending positive energy and gratitude toward your food, not only increases its vibration, but connects you to the plant and animals that nourish your body.

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