

Foodnity Recipes

Pineapple Bliss Bars – Sweet Tropical Treat

20 min Prep time	**30 min** Cook time	**50 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Base

- [ ] 1 cup (2 sticks) unsalted butter, softened
- [ ] 1/2 cup brown sugar, packed
- [ ] 2 large eggs
- [ ] 1 tsp vanilla extract
- [ ] 2 cups all-purpose flour
- [ ] 1/2 tsp baking powder
- [ ] 1/4 tsp salt

Pineapple Filling

- [ ] 1 1/2 cups fresh pineapple, finely diced
- [ ] 1/4 cup granulated sugar
- [ ] 1 tbsp lemon juice

Crumb Topping

- [ ] 3/4 cup rolled oats
- [ ] 1/4 cup brown sugar
- [ ] 1/4 cup unsalted butter, melted
- [ ] 1/2 tsp ground cinnamon

Instructions

1. Preheat the oven to 350°F (175°C). Grease a 9×13-inch baking pan and line with parchment paper.
2. In a large bowl, cream together the softened butter and brown sugar until light and fluffy. Add eggs one at a time, beating gently, then stir in vanilla.
3. Whisk flour, baking powder, and salt together; fold into the butter mixture just until incorporated. Spread the batter evenly in the prepared pan.
4. Combine diced pineapple, granulated sugar, and lemon juice; let sit for 5 minutes. Spoon the pineapple mixture over the batter, spreading gently.
5. Mix oats, brown sugar, melted butter, and cinnamon until crumbly. Sprinkle the crumble over the pineapple layer.
6. Bake for 25-30 minutes, or until the top is golden and a toothpick inserted into the base comes out clean. Cool in the pan on a wire rack before cutting into bars.

Nutrition per serving

310 kcal	4 g	38 g	16 g
Calories	Protein	Carbs	Fat

Tips & notes

- Allow the bars to rest for at least 15 minutes; this helps the crumb set.
- If the crumble browns too quickly, cover loosely with foil halfway through baking.
- For an extra tropical note, drizzle a thin glaze of pineapple juice mixed with powdered sugar after cooling.