



PEANUT BUTTER OATMEAL BARS

SERVES: 12 (1 bar each) **Prep Time:** 15 min. **Cooking Time:** 30 min.

CONTAINER EQUIVALENTS (per serving): 1 1

2 cups	dry old-fashioned rolled oats, gluten-free
1 tsp.	baking powder, gluten-free
1 tsp.	ground cinnamon
½ tsp.	sea salt (or Himalayan salt)
¼ cup	chopped raw peanuts
½ cup	fresh mixed berries
1½ cups	unsweetened almond milk
1	large ripe banana, cut into chunks
1 tsp.	pure vanilla extract
1 Tbsp.	ground flaxseed
2 Tbsp.	all-natural peanut butter
¼ cup	pure maple syrup (preferably dark amber, grade B)

SPECIAL EQUIPMENT:

Parchment paper
Nonstick cooking spray

1. Preheat oven to 375° F.
2. Line 8 x 10-inch casserole pan with parchment paper and lightly coat with spray. Set aside.
3. Place oats, baking powder, cinnamon, salt, nuts, and berries in a large mixing bowl; mix well.
4. Place almond milk, banana, extract, flaxseed, peanut butter, and maple syrup in blender (or food processor); cover. Blend until smooth.
5. Add almond milk mixture to oat mixture; mix until well blended. Pour mixture into prepared pan. Smooth top with a spatula.
6. Bake for 30 minutes or until oatmeal is set and top is golden brown.
7. Allow to cool to room temperature before evenly cutting into twelve bars.

RECIPE NOTES:

- Bars will keep in the refrigerator for up to a week.
- These bars are great for kids' lunches or as an on-the-go snack. They also make a delicious homemade cereal when crumbled into a bowl with a little cold milk.

VARIATION:

Feel free to play with alternate nuts, berries, and nut butters to match your preferences.

NUTRITIONAL INFORMATION (per serving): **Calories:** 123 **Total Fat:** 4 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 173 mg **Carbohydrates:** 19 g **Fiber:** 2 g **Sugars:** 7 g **Protein:** 3 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.