

• ENTREES •

Chocolate Oatmeal Bars



Recipe makes 12 bars (1 serving = 2 bars)

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- ½ cup smooth or chunky peanut butter or almond butter
- ¼ cup coconut sugar
- ¼ cup organic maple syrup
- 1 large egg, room temperature
- 1 teaspoon vanilla
- 1 cup oats
- ¾ cup wheat flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- ½ teaspoon apple cider vinegar
- 1 small dark chocolate bar, broken into small pieces

INSTRUCTIONS

1. Preheat oven to 350 degrees
2. Line a 9x9 baking dish with parchment paper
3. In a large bowl, mix together the nut butter, coconut sugar, maple syrup, egg and vanilla. Stir in the oats, flour, salt, baking soda and vinegar
4. When well blended, gently stir in the dark chocolate.
5. Spoon the mixture into the parchment lined pan and smooth out with an offset spatula.
6. Bake for 20 minutes, or until the top is slightly golden.
7. Place the pan on a cooling rack and let the pan cool completely, remove parchment and cut into 12 bars.