

Basic Breakfast Bars



Ingredients

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- 1 1/2 C raw oatmeal
 - 1/2 C warmed nut butter See Note
 - 1 Tsp cinnamon
 - 1/2 C apple sauce
 - 2 Tbsp flax meal
 - 2 Tbsp chia seeds
 - 6 Tbsp water
 - 1/8 C puréed berries (blue, black or raspberries)
 - or 1/4 C sliced fruit (granny Smith apple, red pear, Banana) per bar
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These gluten-free, sugar-free bars were developed to help diabetics lower their morning sugar spikes. They added fruit that worked with them, and then, varied the fruit as they healed. You can have them with your FAV fruit smashed or sliced on top.

Method

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1. Preheat oven to 350°F. Line the bottom of an 8x8-inch square pan with parchment paper or silpat sheet.
 2. Mix oatmeal, nut butter, cinnamon and applesauce in a large bowl. In a small bowl, combine meal, seeds and water. Add meal/seed mixture to oatmeal mixture. Stir to combine. Scoop into pan and even out the batter with a spatula.
 3. Bake for 15 minutes, then turn pan. Bake another 10-15 minutes. Allow pan to cool.
 4. Flip pan upside down onto cutting board. Remove parchment paper and cut into 6 bars. Top with fruit. Serve.

Note: Making your own nut butter will be warm when done. I use this, or warm on low in microwave for 30 second intervals. Berries topping bars will be loose so feel free to use a fork or spoon to eat.