

Breakfast Bars

*Excellent treat for grab & go breakfast or
in your lunch box!*

Dry ingredients:

- ¾ cup oatmeal flakes
- ½ cup flour
- 1/3 cup ground flax seeds or chia seeds
- 1 TBSP wheat germ
- 1 TBSP cinnamon
- ½ tsp baking soda
- ½ cup dried cranberries or raisins
- 2 TBSP fun bits – choc chips
- 2-4 TBSP cup seeds or nuts

Wet ingredients:

- 1 egg
- 2 TBSP – ¼ cup melted butter or coconut oil
- 1/3 cup brown sugar or honey
- ¼ cup apple sauce or fruit puree
- 1 tsp vanilla

Pre-heat oven to 375°F

1. Mix all dry ingredients together.
2. Mix all wet ingredients together in separate bowl.
3. Combine dry ingredients into the wet ingredients.
4. Line pan or baking sheet with parchment paper.
5. Scoop batter into balls or press into pan to make bars.
6. Bake for 13-15 minutes until slightly golden. Let cool 5 minutes.

Store in an airtight container.