

Chia Flax Oat Bars



Serving Size: 4

TOTAL TIME



DIFFICULTY
MODERATE



DAIRY-FREE



GLUTEN-FREE



VEGETARIAN

Preparation

1. Preheat your oven to 350°F .
2. Add the oats and nuts to a cookie sheet and toast them in the oven for 13-15 minutes.
3. Chop up the dates (or use a food processor).
4. Heat up the maple syrup and nut butter in saucepan over low heat, just until the ingredients melt together.
5. Combine the toasted oats and nuts with the chia, flaxseeds and dates in a large mixing bowl, and then add the syrup mixture
6. Once mixed, line an 8x8 dish with plastic wrap, or parchment paper and press the mixture into the bottom.
7. Stick the pan in the fridge for at least 15 minutes. Then cut and serve.

Nutrition Facts Per Serving

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|---------------|------|
| Calories | 128 |
| Fat | 5g |
| Saturated Fat | 0g |
| Cholesterol | 0 mg |
| Carbohydrate | 19g |
| Fiber | 4g |
| Protein | 3g |

Ingredients

- 1 ½ cups rolled oats or gluten free rolled oats
- ½ cup sliced almonds
- 1 cup dates, pitted (packed tightly)
- 3 tablespoons chia seeds
- 2 tablespoons flaxseeds, ground
- ¼ cup maple syrup or agave
- ¼ cup creamy natural peanut or almond butter

