

BREAKFAST BARS

This recipe makes 16 squares.



INGREDIENTS

- 1.5 cups rolled gluten free oats
- 1 cup pitted dates
- 1/3 cup almond butter
- 1/4 cup honey
- 2 tbsp slivered almonds
- 2 tbsp sunflower kernels



EQUIPMENT

- Food processor
- Bowl
- Small pan
- Stove
- Parchment paper
- Freezer
- Knife

NUTRITION FACTS PER SERVING

Calories: 135
Total Fat: 5.7g
Saturated Fat: 0.7g
Sodium: 6mg
Potassium: 166mg
Carbs: 19.6g
Fiber: 2.2g
Protein: 3.3g



METHOD

1. In a food processor, process dates until they become a paste and clump together.
2. In a separate bowl, combine oats, almonds, sunflower kernels and dates.
3. In a small pan over medium-low heat, melt almond butter and honey together until they become liquid.
4. Transfer almond butter-honey mixture into the oat mixture. Mix together until combined, making sure that the dates are spread evenly throughout the mixture.
5. Place on a small baking sheet or pan lined with parchment paper, and flatten into one even layer.
6. Place the bars into the freezer and freeze for approximately 30 minutes, until hardened.
7. Cut the bars into 16 small squares and enjoy throughout the week!

