

Chewy Oatmeal Breakfast Bars To-Go



Oh my goodness, if you are looking for a mouthwatering, amazing bar that will fill you up AND you can take on the go, this is it! These bars were a staple for many years in our home. They are the perfect go-to for a to-go meal! Make them at the beginning of the week and you have bars ready to go when you are running short on time and have to dash out the door. This recipe doubles great and works well in a 9x13 pan, you may need to add another 5 minutes to the cooking time depending on your oven. Fair warning, they will go fast, they're that good!

INGREDIENTS

1 cup almond butter
1/2 cup maple syrup
1/2 cup almond milk
1 teaspoon vanilla
2 1/2 cups rolled oats
1 cup brown rice cereal (check labels for added sugar)**
1/2 cup slivered almonds
1/2 cup dried cranberries (try for a low sugar or no sugar kind)**
1/2 cup dark chocolate, chopped (dairy free)

Drizzle:

1/4 cup dark chocolate, melted (dairy free)

PREPARATION

1. Preheat oven to 325°F/160°C.
2. Combine wet ingredients together in a large bowl, then add in all the remaining dry ingredients.
3. Add mixture into a 8x8 baking pan lined with parchment paper. Firmly press down mixture until it is one smooth layer. You can use slightly wet hands to press down without the mixture sticking to your hands.

4. Bake 15-20 minutes, or until golden brown. Let cool 10 minutes.
5. Drizzle top with melted dark chocolate. Chill for 30 minutes, or until dark chocolate is solid.
6. Cut into 8 equal pieces. Wrap each bar in parchment paper or foil. Store in the freezer for up to 3 months or in the refrigerator up to 1 week.
7. Enjoy your breakfast bar to-go!

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Try to find dried cranberries with no sugar added or the least sugar added as possible. I have only found no sugar added dried cranberries online.

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Brown rice cereal is not usually found in everyday grocery stores. You will find it online at amazon or other health food stores. Ideally, find one that has no sugar added. Finding a brown rice cereal with no sugar is not the easiest to find, but I found one on Amazon seen below.

The Real Cereal Company, Organic Brown Rice Crisps Cereal 3-Pack, Zero Sugar, Gluten-free, Non-GMO, Made in California

