

Chia, Flax and Oat Bars



Servings: 16 (1 bar)

TOTAL TIME



(including 20 mins setting in refrigerator)

DIFFICULTY



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN
& VEGAN

Preparation

1. Preheat oven to 350°F degrees.
2. Toast oats and almonds on a baking sheet for 13-15 minutes or until slightly golden brown.
3. Meanwhile, chop dates in a food processor until finely minced. In a small saucepan, heat maple syrup and nut butter over low heat.
4. When oats and almonds are toasted, combine with seeds and dates in a large mixing bowl.
5. Pour heated syrup mixture over dry mixture and thoroughly combine.
6. Line an 8x8 dish with plastic wrap or parchment paper and fill pan with the dough.
7. Cover the dough with plastic wrap or parchment paper and press firmly on top of the bars to pack tightly.
8. Chill in refrigerator or freezer for 15-20 minutes.
9. Lift dough out of the pan and cut into 16 bars.
10. Store in airtight container.

Ingredients

- 1 1/2 cups rolled oats or gluten free rolled oats
- 1/2 cup sliced almonds
- 1 cup dates, pitted (packed tightly)
- 3 tablespoons chia seeds
- 2 tablespoons flax seeds, ground
- 1/4 cup maple syrup or agave nectar
- 1/4 cup creamy natural peanut butter or almond butter



Nutrition Facts Per Serving

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