



GRAB AND GO OATMEAL

SERVES 6

Oatmeal you can carry out? Sure! These soft and delicious breakfast bars are filling and versatile. They adapt to a variety of ingredients suit any taste and freeze well too. Breakfast, solved.

INGREDIENTS

1.5 c large flake oats
1 tsp cinnamon
1/4 tsp nutmeg
1/2 tsp baking powder
1 dash salt
1 medium banana, very ripe (or frozen & thawed), mashed
1/3 c nut butter
1 cup milk or milk alternative
1.5 Tbsp Truvia baking blend (cane or brown sugar)
1/2 tbsp vanilla extract
1 whole egg

VARIATION

Omit banana & add
1/2c crushed pineapple
1/4 c shredded carrot
1/4 c flax meal (ground flax)
1/4 c unsweetened shredded coconut

DIRECTIONS

Pre-heat oven to 375 degrees F

Line an 8x8 baking pan with parchment or spray with non-stick spray. Set aside

In a mixing bowl, combine the first 5 ingredients, up to and including the salt, Set aside

In another bowl, whisk together the mashed banana, sunbutter, milk, Truvia (sweetener), vanilla and egg.

Fold the oat and spices mix into the wet ingredients. The mixture will be very liquid. Pour into prepared pan. Bake for 35-40 minutes until golden on top and edges come away from sides of the pan.

Allow to cool for 5-10 min before slicing with a serrated or bread knife.

Optional - top with a dollop of yogurt and a sprinkle of nuts. Enjoy

NUTRITION FACTS

Per 1 of 6 squares: 220 Calories, 8g Pro, 27g Carbs, 4g Fibre, 10g Fat

