



## Oatmeal On-The-Go Breakfast Bars

This is a great recipe for grab-and-go breakfasts or a tasty snack!

Source: *Weelicious.com*

### Servings

6

### Ingredients

2/3 cup old fashioned oats  
1/3 cup whole wheat flour  
1/2 tsp cinnamon  
Pinch of salt  
1/3 tsp baking powder  
1/2 cup milk (any kind of milk – rice, almond, soy, cow's) or water  
1 Tbsp brown sugar

3 Tbsp applesauce, or baked squash or pumpkin puree if available  
1 large egg  
1/3 tsp vanilla  
Optional: 1/2 cup dried fruit, cranberries, raisins, blueberries, cherries, etc.  
Optional: 3 Tbsp nuts, walnuts, sunflower seeds, pumpkin seeds, etc.



### Preparation

1. Preheat oven to 375°F.
2. Place the oats, flour, cinnamon, salt, and baking powder in a bowl. Stir to combine.
3. In separate bowl, mix the milk, applesauce, egg, sugar, and vanilla.
4. Pour the dry ingredients into the wet mixture, stir to combine and then stir in the dried fruits and nuts.
5. Pour the oatmeal mixture into a greased baking dish.
6. Bake for 30 minutes or until thickened and golden.
7. Cool, cut into squares, and serve. Refrigerating: allow to cool, cut into squares, place in an airtight container and refrigerate up to 5 days. Freezing: allow to cool, cut into squares, and place in a plastic bag to freeze up to 4 months. When ready, allow to defrost in fridge for 24-48 hours.

## Dig Deeper

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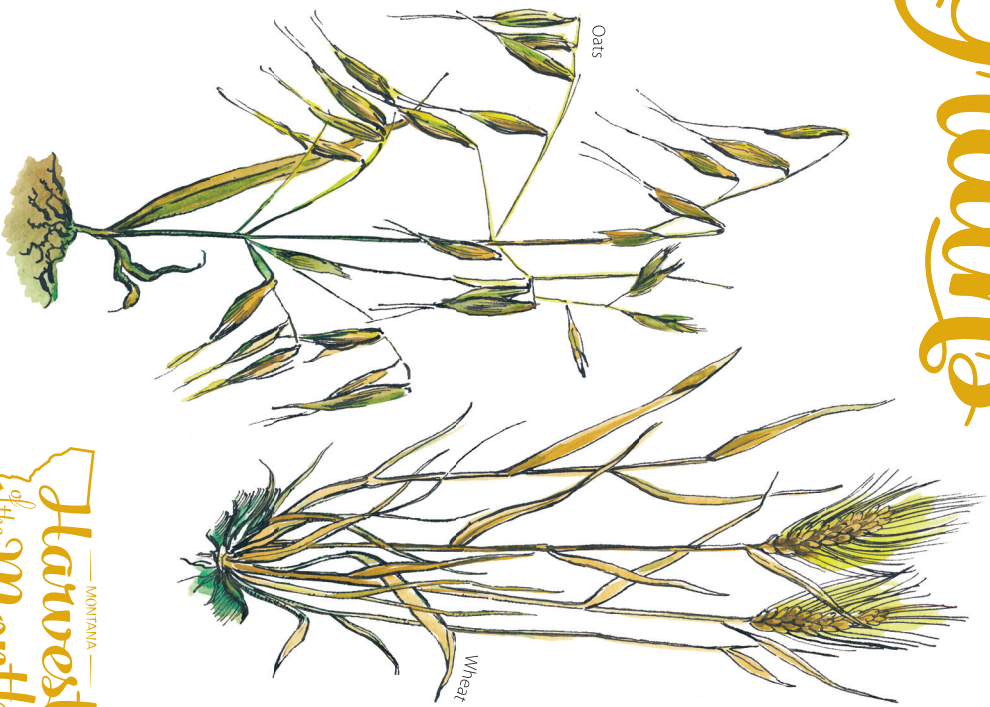
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# Grains



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Harvest  
of the  
Month

# Grains



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