



Oatmeal On-The-Go Breakfast Bars

(Courtesy of Weelicious.com)

This is a great recipe to make easy breakfasts for the week that you can store in your fridge and grab on the way to the bus in the morning!

Ingredients

- 2 cups old fashioned oats
- 1 cup whole wheat flour
- 1 1/2 teaspoon cinnamon
- pinch of salt
- 1 teaspoon baking powder
- 1 1/2 cup milk (any kind of milk — rice, almond, soy, cow's — will work) or water
- 3 tablespoons agave, honey, or maple syrup
- 1/2 cup baked squash, pumpkin, or applesauce
- 1 large egg
- 1 teaspoon vanilla
- 3/4 cup dried fruit (cranberries, raisins, blueberries, and/or cherries)
- 1/2 cup nuts (walnuts, sunflower seeds, and/or pepitas)

Preparation

1. Preheat oven to 375 degrees.
2. Place the first 5 dry ingredients in a bowl and stir to combine.
3. Mix the milk, applesauce, egg, agave, and vanilla in a separate bowl.
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 buttered or greased 7 x 11 inch baking dish.
6. Bake for 30 minutes or until thickened and golden.
7. Cool, cut into squares and serve.

*Allow to cool, cut into squares and place in a ziploc bag to freeze up to 4 months. When ready, allow to defrost in fridge for 24-48 hours.

*Refrigerating the bars will make them last up to 5 days.