

Beyond Breakfast Bars

Recipe makes: 12 servings (1 bar per serving)

Preparation time: 15 minutes

Cook time: 20 minutes

Equipment: one set of measuring cups, one set of measuring spoons, one 20 * 20 cm (8 * 8-inch) baking pan, one large bowl, one medium bowl, two spoons, one whisk or fork, one rubber spatula, one oven, one pair of oven mitts, one dish towel, one butter knife

What you need to make this recipe:

- Cooking spray or butter
- 1 ½ cups quick cooking oats
- ¾ cup brown sugar
- ¾ cup flaxseed meal
- ½ cup all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt (optional)
- 1 banana, mashed
- ¼ cup skim milk
- 1 egg
- 1 teaspoon vanilla extract

How to make Beyond Breakfast Bars:

1. Preheat an oven to 175°C (350°F).
2. Lightly grease an 20 * 20 cm (8 * 8-inch) baking pan:
Option 1: Lightly grease using cooking oil spray.
Option 2: Lightly grease with butter using parchment paper.
3. In a large bowl, stir together the oats, sugar, flaxseed meal, flour, baking powder, cinnamon, and salt using a spoon.
4. In a medium bowl, whisk the banana, milk, egg, and vanilla extract using a whisk or a fork.
5. Pour the banana mixture into the flour mixture. Using a spoon, stir until combined.
6. Pour the batter into the greased baking pan.
7. Using the back of a rubber spatula or spoon, press the batter evenly into the pan.
8. Bake in the preheated oven for 20 minutes or until a toothpick inserted in the center comes out clean.
9. Remove the bars from the oven. Cover the pan with a dish towel and cool for 5 minutes.
10. Cut into 12 bars using a butter knife and serve.

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Nutrition Facts	
Per 1 serving (1 bar)	
Calories	% Daily Value*
160	
Fat 3 g	4 %
Saturated 0.2 g	1 %
+ Trans 0 g	
Carbohydrate 29 g	
Fibre 4 g	14 %
Sugars 14 g	14 %
Protein 4 g	
Cholesterol 15 mg	
Sodium 65 mg	3 %
Calcium 50 mg	4 %
Iron 1 mg	6 %
Vitamin A 20 µg	2 %
Vitamin C 0.6 mg	1 %
5% or less is a little, 15% or more is a lot	
Nova Scotia School Food and Beverage Standard: Moderate	

Allergy information:

Contains wheat, gluten, milk, and egg.

About this recipe:

Beyond Breakfast Bars are high in fibre. Including high fibre foods in your diet can help lower your risk of heart disease and diabetes.

Substitutions:

To make recipe gluten-free, use certified gluten-free quick cooking oats and all-purpose gluten-free flour.

To make this recipe milk-free, use a milk alternative like unsweetened soy beverage.

The mashed banana can be replaced with 1/3 cup of unsweetened apple sauce.

Storage information:

Beyond Breakfast Bars can be stored in an airtight container in the fridge for up to 1 week or in the freezer for up to 1 month.