

## Beyond Breakfast Bars



MEDAVIE



# 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 a 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.

# Beyond Breakfast Bars

<b>Nutrition Facts</b>	
Per 1 serving (1 bar)	
<b>Calories</b>	<b>% Daily Value*</b>
<b>160</b>	
<b>Fat</b> 3 g	4 %
Saturated 0.2 g	1 %
+ Trans 0 g	
<b>Carbohydrate</b> 29 g	
Fibre 4 g	14 %
Sugars 14 g	14 %
<b>Protein</b> 4 g	
<b>Cholesterol</b> 15 mg	
<b>Sodium</b> 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 <b>a little</b> , 15% or more is <b>a lot</b>	
<b>Nova Scotia School Food and Beverage Standard: Moderate</b>	

## 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.