

GUASTELLO'S VILLAGE MARKET

Cranberry Almond Healthy Oatmeal Bars

Makes 12 bars

Ingredients

2 cups rolled oats
1/2 cup sliced almonds
1/2 cup dried cranberries
2 Tbsp cinnamon
1/2 cup vanilla protein powder
1/2 cup almond butter
1/2 cup honey (or agave)
pinch of salt

Instructions:

Combine the ingredients together and mix.

Place a sheet of parchment paper in a square 9" cake pan. Place the dough in the pan and flatten until even.

Refrigerate for about 30 minutes.

Cut into squares or rectangles and enjoy!

Want to mix up the flavors in oatmeal bars? Simply replace the dried cranberries and sliced almonds with the following variations:

Raisins, mango, pineapple, apricots
Goji berries
Chocolate chips
Nuts such as cashews, hazelnuts and walnuts
Sunflower seeds or pumpkin seeds

Tips for making these bars:

If the dough seems a little dry at first, keep mixing.

Don't want to use protein powder? Substitute it with oat flour or any other type of flour instead!

Refrigerate the oat bars for at least 30 minutes before cutting.

Use a small, square or rectangle cake pan lined with parchment paper to easily set, cut, and remove the bars.

Credit: jaroflemons.com