

Yummy Oat Bars Recipe

makes 7 servings

Pulled from The Hip Chick's Guide to Macrobiotics and modified to not include oil - replaced with organic, unsweetened applesauce.

Ingredients 1/2 cup brown rice flour

1 1/2 cup oats, dry

1 tsp cinnamon

1/2 tsp nutmeg

1/2 tsp baking soda

1/4 tsp sea salt

1/4 cup maple syrup, pure

1/3 cup applesauce, unsweetened

1/2 tsp vanilla, pure extract

3 1/2 tsp fruit spread, unsweetened pure fruit

Directions

1. Combine all the dry ingredients.

2. Stir in applesauce, vanilla and maple syrup.

3. Take half the mixture and either press into bottom of very small baking pan or the bottoms of cup cake tins. I use an 8" x 8" square pyrex baking dish.

4. Take a 1/2 tsp of the fruit spread and put it in each cup cake tin or spread it on top the mixture if using a baking pan.

5. Place other half of mixture on top.

6. Place in preheated 350 oven and bake for 25 mins. Let cool completely before cutting into squares....hard to do with this yummy recipe!

nutritional facts on next page



Nutrition Facts

Serving Size 56.0g

Amount Per Serving

Calories 152 *Calories from Fat 13*

*% Daily Value**

Total Fat 1.5g *2%*

Saturated Fat 0.3g *1%*

Trans Fat 0.0g

Cholesterol 0mg *0%*

Sodium 160mg *7%*

Total Carbohydrates 31.3g *10%*

Dietary Fiber 2.5g *10%*

Sugars 9.4g

Protein 3.6g