



From the Kitchen of Executive Chef Jessica VanRoo

Maple Pumpkin Oat Bars

Ingredients

- 1 tablespoon flaxseed meal
- 2½ tablespoons water
- 2½ cups old-fashioned oats
- 1 cup 1% milk (other milks work well)
- ½ cup pumpkin puree
- ½ cup pure maple syrup
- ¼ cup coconut oil, melted
- 1 teaspoon almond extract
- 2 tablespoons chia seeds
- ¾ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ⅓ cup almond slivers or slices

Instructions

- Preheat oven to 350 degrees, then spray or coat an 8" x 8" baking pan with oil or nonstick spray.
- Mix flaxseed meal with water in a small bowl and set aside for 5 minutes.
- Place oats in a food processor and mix until you create a flour. You can also use 2¼ cups of oat flour instead of making your own.
- Combine flaxseed mixture with milk, pumpkin, maple syrup, oil and almond extract. Mix well.
- In a clean bowl, whisk oat flour with chia seeds, cinnamon, nutmeg, baking powder and baking soda.
- Pour milk into the oat flour mix and stir just until combined. Do not overmix.
- Fold in almond slivers, then pour batter into prepared pan.
- Bake 30-35 minutes until the edges begin to brown and the middle is set. Do not overbake.
- Cool, then cut into bars, which can be stored up to 5 days in the refrigerator.