



Five-Ingredient Breakfast Bars

Prep time: 15 minutes

Total time: 20 minutes

Yields: About 10 granola bars, depending on how big you cut them

Ingredients

- 3 cups rolled oats
- 2 tablespoons chia seeds
- 1/2 cup of walnuts, crushed or chopped
- 3/4 cup organic almond butter
- 1/2 cup brown rice syrup or agave (honey works too, if you're okay with a non-vegan option!)

Cooking Directions

1. Preheat oven to 325 degrees Fahrenheit. Grease a 9x13 baking pan.
2. In a small sauce pan over low heat, mix together the almond butter and agave (or rice syrup, or honey...) until creamy and slightly runny.
3. In a large bowl, mix together the oats, chia seeds and the walnuts. Pour the almond butter mixture over and stir together. Using your fingers is the easiest way to make sure everything gets combined. Your dough should be fairly sticky, so if it is too crumbly, add more almond butter a little at a time until everything is moistened.
4. Press the dough into the greased pan. Press **hard** to make sure the dough is firmly stuck together. Bake on the center rack for 25 minutes or until just golden brown.
5. Cool the pan on a wire rack for about 10 minutes. Place a second wire rack over the pan and flip it upside down. Tap the bottom of the pan a couple times to release the granola "cake"

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and remove the pan. Allow it to cool completely on the wire rack.

6. Place your granola "cake" on a cutting board and slice into squares. Makes about 16-18 squares depending on how large you want them.

4 tricks to getting these right:

There are three must-follow tricks to making sure you create granola bars and not simply crumbly granola. Of course, even crumbly, this recipe is a delicious snack, but if you want it to come in a bar form, then follow these tips:

1. Sticky dough. Make sure your dough is sticky enough and not too crumbly. If you're getting oats, nuts and seeds falling out of the mix and into the bottom of the bowl as you stir, then you need more almond butter or syrup. Everything should still stick together fairly well in moist, crumbly chunks in the bowl.
2. Pack the granola into the pan *hard*. You need to really press the dough down into the pan. I actually put a layer of parchment paper over the granola, then placed a book over the parchment paper and stood on the book, moving it and stepping on it until everything was pressed down as firmly as it was going to go.
3. Cut only after the granola "cake" has cooled completely. If you try to slice it into bars when it is still warm, it will crumble into large pieces. So be patient and wait until it is room temperature before cutting it into squares.
4. Make sure the almond butter is well mixed before you start the baking process.

Enjoy!