



maple-cinnamon
OATMEAL
breakfast bars
(gluten-free!)

Cinnamon Oatmeal Breakfast Bars

Ingredients

Makes 9 bars

2-1/2 cups certified gluten-free old-fashioned oats, divided

1 teaspoon cinnamon

1/2 teaspoon baking powder

1/4 teaspoon salt

1 cup milk, any kind

1/2 cup mashed banana (roughly 1 large banana)

1/4 cup + 2 Tablespoons pure maple syrup (not pancake syrup)

1/4 cup coconut oil, melted

1 egg

1 teaspoon vanilla

1/3 cup pecan halves, roughly chopped

Directions

Preheat oven to 350 degrees then spray an 8x8" baking pan with nonstick spray and set aside.

Add 1 cup old fashioned oats to a food processor or blender then process until oats have turned into flour. Set aside. (Alternatively, you could use a scant cup oat flour.)

Add milk, mashed banana, maple syrup, coconut oil, egg, and vanilla to a large bowl then whisk to combine. Add remaining 1-1/2 cups oats, oat flour, cinnamon, baking powder, and salt then stir to combine. Fold in chopped pecans then pour batter into prepared baking pan.

Bake for 35-40 minutes, or until the edges are golden brown and the center has set. Check on the bars at the 25-minute mark - if the edges are browning too quickly, place a piece of foil on top of the baking pan. Cool before slicing into bars then store in the refrigerator, or individually wrap bars in saran wrap and freeze.

Optional: Warm the bars up in the microwave for 15 seconds or so before eating.