

Oatmeal Bars

Meal course: Snack

Meal type: Vegan

Country of origin: England

Difficulty: Easy

Servings: 16

Total time: 10 minutes

Ingredients

360g old fashioned rolled oats
1/2 TSP cinnamon
250g sugar-free creamy peanut butter
1/2 TSP kosher salt
150g honey or agave syrup
1/2 cup dried berries
1 handful small chocolate chips

Nutrition Facts

	Amount per serving
Calories	125
Total Fat	5g
Saturated Fat	2g
Total Carbohydrate	20g
Dietary Fiber	1.4g
Total Sugars	5.2g
Protein	5g
Cholesterol	42mg
Vitamin D	0IU
Calcium	9.2mg
Iron	0.5mg
Potassium	179mg
Sodium	215mg

Instructions

1. Add all ingredients to a bowl and mix well. Line the pan with parchment paper.
2. Press ingredients in a pan evenly and smooth the top.
3. Freeze for 15 minutes, then remove from the pan. Cut into 32 rectangles or 16 squares.
5. Can be stored in the refrigerator for up to 2 weeks.