

OATMEAL SUPERFOOD BREAKFAST BARS

Prep time: 10 minutes | Cook time: 25 minutes

12 Servings | Calories: 200 | Protein: 9 | Fat: 9 | Carbs: 24

Gluten-Free, dairy-free, vegetarian

INGREDIENTS

Base:

- 2 cups gluten-free oats
- 2 Tbsp. honey or maple syrup
- 1 Tbsp. coconut oil
- 1 tsp. kosher salt
- 1 Tbsp. cinnamon
- ½ banana
- ½ zucchini, de-skinned
- 1 Tbsp. vanilla
- 1 Tbsp. chia seeds
- 2 Tbsp. almond butter
- 1 scoop Life Time Vanilla Whey Protein

Mix Ins & Toppings

- 2 Tbsp. Gluten-free oats
- 2 Tbsp. slivered almonds
- 2 Tbsp. sunflower seeds
- 2 Tbsp. pumpkin seeds
- 1 cup berries
- 1 Tbsp. chia seeds

DIRECTIONS

1. Preheat oven to 350° and line 9 x 13 casserole dish with parchment paper. Lightly grease paper with coconut spray oil
2. Place all base ingredients in a food processor and pulse until completely combined, or about 5 minutes.
3. Transfer mixture into a bowl, and add the half of all of the mix-ins. Gently combine the mixture and the mix-ins until mix-ins are evenly distributed.
4. Place mixture in the casserole dish and carefully spread to form an even layer in the base of the dish. Take the remaining mix-in components and top evenly.
5. Place in oven and bake for 20-25 minutes, until toppings are toasted and base is fully cooked. Enjoy!

