

Oat breakfast bars

(8 large bars)

Promote production of butyrate and propionate with this recipe rich in beta-glucan.



Ingredients:

- 2 cups rolled oats
- 1 cup wholemeal flour
- 1 ½ cup milk of your choice
- ½ cup unsweetened apple purée
- 3 tbsp maple syrup
- 2 tbsp nut butter
- 1 tsp vanilla extract
- 1 medium banana, diced
- 1 large egg
- 2 tsp cinnamon
- 1 tsp baking powder
- ¼ tsp salt

Method:

1. Preheat oven to 190°C.
2. Line an 8 x 8 inch square pan with baking paper.
3. In a large bowl, thoroughly mix the apple purée, milk, maple syrup, egg, peanut butter, and vanilla extract.
4. In a medium bowl, thoroughly mix the oats, flour, baking powder, salt, and cinnamon.
5. Pour the dry ingredients into the wet mixture and mix thoroughly.
6. Stir in the diced banana.
7. Pour the mixture into the baking pan.
8. Bake for 35 minutes or until a toothpick comes out clean.
9. Once cooled, cut into 8 bars.