

BLUEBERRY OAT BARS

Ingredients:

2-1c rolled quick oats
1c almonds or almond butter
2 scoops vanilla protein powder
10 dates – pitted & chopped
1/2c agave or maple syrup
1/2 tsp vanilla
pinch of salt
1c blueberries – if frozen warm up in microwave

Directions:

Preheat oven to 350°F.
In a food processor, combine 1 cup oats, almonds, protein powder, and salt. Blend until well combined. Add dates and process in 30-second increments until well combined. If you overmix, it will become gummy.
Add to a bowl and mix in blueberries, remaining oats, vanilla, and agave.
Line an 8x8 pan with parchment paper and press the mixture down.
Bake for 20-25 minutes.
Let cool completely prior to cutting.
Freeze bars.