

# Trail Mix Bars



PREP TIME

5 mins

COOK TIME

35 mins

TOTAL TIME

40 mins



COURSE

Breakfast, Dessert, Lunch, Snacks



SERVINGS

9 serving

CALORIES

310 kcal

## EQUIPMENT

- 9x9 inch pan oven safe
- parchment paper
- rubber spatula
- cooking spray
- plastic wrap optional
- Mixing bowls

## INGREDIENTS

- 2 Tbsp flax meal + 5 Tbsp water
- 1 ½ c oats
- ¾ c all purpose flour or oat for GF flour
- ¾ c vital wheat gluten or protein powder for GF
- 1 tsp baking soda
- ½ tsp salt
- 1-2 tsp cinnamon
- 1 c unsweetened applesauce

- ¼ c maple syrup
- ½ c vegan yogurt
- 1 tsp vanilla
- ½ c raisins
- ½ c shredded coconut
- ½ c soy crispies or pea crumbles for SF
- ½ c dark chocolate chips

## INSTRUCTIONS

1. Preheat your oven to 350°F
2. Whisk 2 Tbsp flax meal and 5 Tbsp water in a small bowl and set aside.
3. In a large bowl, mix 1 ½ c oats, ¾ c all-purpose flour, ¾ c vital wheat gluten, 1 tsp baking soda, ½ tsp salt, 1-2 tsp cinnamon.
4. In a smaller bowl, mix 1 c applesauce, ¼ c maple syrup, ½ c vegan yogurt, 1 tsp vanilla, and your the contents of your “flax egg” bowl.
5. Add the wet ingredients to the dry ingredients. Mix until just mixed. Do not overmix.
6. Add your ½ c raisins, ½ c shredded coconut, ⅔ c soy crispies, ½ c chocolate chips. Gently fold all the mix-ins in to incorporate.
7. Spritz a 9x9 inch pan with cooking spray or line with parchment paper.
8. Pour your mixture into the pan and use a rubber spatula to flatten it right up to the edges of the pan.
9. Bake for 35 minutes. Cut into 9 equal squares. Wrap individually in plastic wrap and put in the fridge for easy grabbing, or store them in the freezer.

## NUTRITION

### Nutrition Facts

Trail Mix Bars

Amount Per Serving (1 g)

**Calories** 310      Calories from Fat 77

**% Daily Value\***

**Fat** 8.5g      **13%**

**Carbohydrates** 43g      **14%**

**Protein** 16.4g      **33%**

\* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

**Tried this recipe?**

Let us know how it was!