

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:

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