

Easy Oat Bars



Discover our nutritious oat bars, packed with fiber, almonds, pumpkin seeds, and cinnamon, perfect for a healthy and energizing snack.

Preparation 10 min

Cooking 30 min

Servings 12 barres

Nutrition Facts (per serving)

Calories 200

Fat 7

Carbohydrates 25

Fibre 4

Protein 8

Sodium 50

Ingredients

- 750 ml (3 cups) quick-cooking oats
- 125 ml (1/2 cup) unsalted, untoasted almonds
- 125 ml (1/2 cup) pumpkin seeds
- 125 ml (1/2 cup) wheat bran
- 15 ml (1 tbsp.) ground cinnamon
- 1 ml (1/4 tsp.) salt

- 1 egg
- 1 egg white

Preparation

1. Preheat the oven to 175°C (350°F).
2. Line the bottom of an 8 x 8-inch (20 x 20 cm) square Pyrex dish with a large piece of parchment paper, leaving enough overhang to cover the bottom.
3. In a large bowl, mix together the oats, almonds, pumpkin seeds, wheat bran, cinnamon, and salt.
4. In a small bowl, combine the remaining ingredients.
5. Add the liquid ingredients to the dry ingredients and mix well.
6. Transfer the mixture to the Pyrex dish and press it firmly.
7. Bake in the oven for 30 minutes.
8. Allow to cool completely.
9. Carefully loosen the edges using a knife.
10. Using a chef's knife, cut into 12 portions.

Notes

The bars can be stored in the refrigerator for up to one week or in the freezer for several months.



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