

APPLE BREAKFAST SNACK BARS



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Ingredients

Yields: 8 bars

- 1 ½ c rolled oats
- ¼ c whole wheat flour
- 2/3 c dates or raisins, chopped
- ¼ c orange juice
- Pinch of sea salt
- 1 ½ c raw apples, shredded

Directions

1. Combine all ingredients. Let stand for 10 minutes.
2. Press mixture into 8x8 baking dish and bake at 375 degrees F until lightly browned, usually about 25 minutes.
3. Loosen with spatula and cut into bars. Serve hot for breakfast or great as a snack.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 bar	175	6 g	5 g	30 g	100 mg

Carbohydrate Exchanges: 2