

homemade cereal bars

Ingredients:

1 cup whole wheat flour	2 Tbsp. plain Greek yogurt	1/3 cup all fruit spread
1 cup quick cook oats	1/4 cup coconut oil, melted	1/8 teaspoon salt
1/8 teaspoon baking soda	1 tsp. vanilla extract	2 TBSP pure maple syrup

Directions:

Preheat oven to 350°. Spray baking sheet with nonstick cooking spray.

Combine flour, oats, baking soda, and salt.

In a separate bowl combine yogurt, coconut oil, vanilla, and maple syrup. Combine wet and dry ingredients.

Dust counter well with flour. Roll dough into a rectangle of ¼" thickness. Cut strips 2" wide and then in half, making 16 strips.

Spoon 2 tsp. of fruit spread in the center of half the strips. Top fruit spread with the other half of the strips. Press all around the edges with a fork to seal.

Place on prepared baking sheet. Bake for 15-18 minutes until edges are golden brown. Cool and store in an airtight container.

