



# BREAKFAST NOURISH BAR



METHOD

OVEN



TIME

45 MIN



SERVES

10 PEOPLE

## INGREDIENTS

- 1 ½ c rolled oats
- ½ c favorite nuts, chopped  
(try cashews, pecans and walnuts)
- 1 c dates, soaked in warm water
- 2 T chia seeds
- 2 T sunflower seeds
- 2 T flax seed, ground
- 2 T hemp seeds
- ⅛ c maple syrup
- ¼ c nut butter (try almond or cashew)

## DIRECTIONS

### *Chop and lightly toast nuts.*

*Process dates in a small food processor until a thick paste forms. Mix oats, nuts and dates in a bowl. Add the maple syrup and nut butter. Combine all ingredients in the bowl using your hands.*

*Transfer to an 8x8 dish lined with parchment paper. Form into a square and press down firmly.*

*Chill for 15-20 minutes in the fridge before cutting.*

**KEEP IN THE FREEZER AND TAKE OUT FOR AN EASY GRAB N' GO BREAKFAST. THESE ARE GREAT FOR KIDS, TOO! CONSIDER EATING WITH A BOWL OF FRESH BERRIES AND/OR A BOWL OF LEFTOVER VEGGIES TO ROUND OUT YOUR MEAL.**