

Strawberry Oat Bars

Cooking Instructions

1. Preheat the oven to 375 degrees. In a bowl, mix the oats, flour, brown sugar, salt, and cinnamon. Add in the coconut oil and mix until you have a nice dough. Set aside 1/2 cup for the topping.
2. To make the crust, press the rest of the dough firmly into an 8x8 pan lined with parchment paper or greased with coconut oil.
3. In a small bowl, mix the juice of half a lemon, the strawberries, and cornstarch. Mix well and spread out on the crust in the pan. Use the remaining 1/2 cup of dough as a crumble topping.
4. Bake for 35 minutes or until golden brown. Let cool and set up before cutting into bars. Top with powdered sugar if desired.

Recipe

- 1 cup old fashioned oats
- 3/4 cup whole wheat flour
- 1/3 cup brown sugar
- juice of half a lemon
- 1/3 cup melted coconut oil or butter
- 2 cups diced strawberries
- 1 tablespoon cornstarch
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt

Grocery List – Add optional ingredients as desired

Produce

- 2 cups strawberries
- 1 lemon

Pantry

- Coconut oil
- Brown sugar
- Old fashioned oats
- Wheat flour
- Cornstarch
- Cinnamon
- Salt