

Maple-Brown Sugar Oatmeal Breakfast Bars

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45 minutes to prepare serves 1

INGREDIENTS

3 cups old-fashioned rolled oats

1 cup milk

1/2 cup dark brown sugar, packed

1/4 cup pure maple syrup

1/4 cup coconut oil, melted

1 large egg

1 1/2 teaspoons cinnamon

1 1/2 teaspoons baking powder

1/4 teaspoon salt

PREPARATION

Preheat oven to 350°F and lightly grease an 8-inch square baking pan.

In a medium bowl, combine milk, maple syrup, melted coconut oil, egg, and brown sugar and whisk to combine.

Add oats, cinnamon, baking powder, and salt to bowl and stir until incorporated. Pour batter into prepared pan.

Bake in oven until edges are golden brown and center has set, about 40 minutes. Remove from oven and let cool before slicing into bars and serving. Enjoy!