

Breakfast Bars – Vegan

Prep Time: 10 minutes
Cook Time: 30 minutes
Total Time: 40 minutes

Yield: 8 bars
Serving Size: 8
Calories per serving: 283
Fat per serving: 0 grams

Ingredients

- 1 cup whole wheat flour
- 1 cup barley flour
- 1 cup maple syrup
- 3/4 cup applesauce
- 1 teaspoon almond extract
- 1 tablespoon baking powder
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1/2 cup raisins
- 1 banana, mashed
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Instructions

1. Preheat oven to 350° F. Line a parchment paper on a baking pan and set aside.
2. Combine the whole wheat flour, barley flour, baking powder, ground ginger, and cinnamon, in a bowl and mix well.
3. In another bowl- combine the maple syrup, applesauce, and almond extract and mix well.
4. Puree that mixture into the flour mixture, and add the raisins and the mashed banana, and mix together.
5. Spread it on the prepared pan and bake for 30-35 minutes, until inserted toothpick comes out clean.
6. Cool before cutting into squares and serving.

Notes

Nutrition facts (per serving): Calories: 283, from fat: 2, total fat: 0g, cholesterol: 0mg, sodium: 284mg, total carbohydrate: 67g, fiber: 4g, sugar: 31g, protein: 4g.