



November newsletter

Baked Berry Oat Bars

Macros:
Makes 6 large servings
Cals: 233 P 19 C 29 F 5 fiber 4

INGREDIENTS

- 2 cups old fashioned oats, dry
- 1.5 tsp ground cinnamon
- .25 tsp ground nutmeg
- 1 tsp baking powder
- .25 tsp salt
- 1 cup unsweetened almond milk
- 1/3 cup no sugar added syrup
- 1 egg
- 1/2 cup plain nonfat greek yogurt
- 1 tsp vanilla extract
- 3 scoops level-1 (I used Cinnamon Cookie Batter)
- 1 cup shredded zucchini, with as much moisture removed as possible
- 3/4 cup blueberries
- 3/4 cup sliced strawberries

DIRECTIONS

1. Preheat the oven to 375 degrees and lightly spray an 8 x 8 dish with nonstick. Set aside.
2. In a medium bowl mix together the oats, cinnamon, nutmeg, baking powder, salt and level-1.
3. In another bowl mix together the almond milk, syrup, egg, yogurt and vanilla extract.
4. Add wet ingredients into the dry ingredients and mix until well combined. Fold in the zucchini, blueberries and strawberries.
5. Transfer to the dish and bake for about 45 minutes (the top will be golden brown).
6. Store in the fridge and have with whip, yogurt or on its own!

