

# Strawberry and Oats Bars

Makes 12 squares



## Steps

1. Preheat oven to 350°F. Cut a piece of parchment paper to fit the bottom of an 9" by 13" baking dish pan leaving an overhang on two sides.
2. In a medium-sized bowl mix together the coconut oil, flour, oats, chia seed, flax seed meal, baking powder, salt, sugar and vanilla.
3. Dump out half of the mixture into the pan and using a spatula press the mixture into an even layer at the bottom of the pan. Spread an even layer of the strawberry jam on top of the oat mixture. Sprinkle the rest of the oat mixture on top and gently press to secure it.
5. Bake until the top is golden brown- about 30-40 minutes. Cool completely in the pan (if you try to cut them while they are warm they will fall apart).
6. Using the paper overhang, pull out the bars onto a work surface and cut into squares. Bars can be kept in an airtight container at room temperature for 5 days.

## Ingredients

- 1 cup coconut oil
- 1 ½ cups all-purpose flour
- 1 ½ cups rolled oats (not instant or quick)
- ¼ cup ground flax seed
- ¼ cup chia seeds
- 1 teaspoon baking powder
- ¼ teaspoon kosher salt
- ½ cup brown sugar, packed
- 1 teaspoon pure vanilla extract

## For the Filling

- 1 cup strawberry jam (I use Trader Joe's no sugar added fruit spread)