

Breakfast Oatmeal Bars

Serves 12

Dry Ingredients:

- 2 cups rolled oats
- 1 cup protein powder
- ¼ cup chocolate chips
- 2 tablespoons flax seeds
- ¼ cup coconut flakes
- ¼ cup cocoa powder
- ¼ teaspoon salt

Wet Ingredients:

- 1 cup peanut butter
- ⅓ cup maple syrup
- 2 tablespoons almond milk
- 2 tablespoons avocado oil
- 1 teaspoon vanilla extract



Steps:

1. **Combine dry ingredients in a large mixing bowl, and give it a mix.**
2. **Add wet ingredients to the dry ingredients. Mix until wet ingredients are combined.**
3. **Line the bottom and sides with an 8-inch square baking tray with parchment paper.**
4. **Pour the mixture into the baking tray.**
5. **Sprinkle coconut flakes on top of the mixture, and then flatten it with a spatula.**
6. **Refrigerate for 3 hours and when it's ready take it out.**
7. **Cut up the bars into squares or rectangles and enjoy!**