

## BREAKFAST OAT SQUARES

Yields: 16 bars

### ingredients

4 cups old fashioned oats, divided	1 cup brown rice syrup
3 tablespoons ground flaxseed	1 cup natural peanut butter
¼ cup walnuts, chopped coarsely	4 teaspoon cocoa powder
5 ounces dried cherries, chopped coarsely	1 teaspoon vanilla extract
	¼ cup dairy-free chocolate chips
	~ ¼ cup unsweetened coconut flakes

### directions

Add 2 cups of the oats and the ground flaxseed to a food processor. Pulse until the oats are ground.

In a large bowl, add the ground oats and flax. Add the remaining 2 cups of oats, walnuts, and dried cherries. Give it a stir until well combined.

Using the [double boiler method](#), add the brown rice syrup, peanut butter, cocoa powder, vanilla, and chocolate chips. Stir often until melted. The mixture will not be very liquid-y when it is all melted, but rather thick; almost like a thick brownie batter. When the mixture is melted, add to the dry ingredients. Mix well with a wooden spoon (or your hands if needed).

In a 13 x 9 pan, sprinkle half of the coconut on the bottom of the pan. Enough to give it some good coverage. Add the bar mixture and press into the pan until evenly spread. Sprinkle more coconut on top of the bars and pat down.

Slice into 16 bars and store in individual plastic bags. Refrigerate for longer keep. Enjoy!

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