



No Bake Oat Bars

Prep: 10 minutes plus chilling

Serves: 16

- Nonstick cooking spray
- $\frac{3}{4}$ cup almond butter
- $\frac{1}{4}$ cup honey
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon fine sea salt
- $1\frac{1}{2}$ cups old-fashioned rolled oats
- 1 cup chopped dried apricots
- $\frac{1}{2}$ cup ground flaxseed
- $\frac{1}{2}$ cup toasted unsalted pumpkin seeds
- $\frac{1}{2}$ cup toasted unsalted sliced almonds
- 3 tablespoons dark chocolate chips

1. Line 8-inch square baking dish with aluminum foil so that foil extends about 2 inches over sides of pan; spray with nonstick cooking spray.

2. In large bowl, stir almond butter, honey, cinnamon and salt; fold in oats, apricots, flaxseed, pumpkin seeds and almonds. Transfer mixture to prepared dish; firmly press into even layer.

3. In small microwave-safe bowl, heat chocolate in microwave oven on high 1 minute or until melted, stirring every 20 seconds; with spoon, drizzle oat mixture with chocolate. Refrigerate 1 hour.

4. Using overhanging sides of foil, lift oat mixture out of dish onto cutting board. Remove foil; cut into 16 squares.

Approximate nutritional values per serving:

211 Calories, 13g Fat (2g Saturated), 0mg Cholesterol, 47mg Sodium, 22g Carbohydrates, 4g Fiber, 12g Sugars, 5g Added Sugars, 6g Protein