

## Strawberry Breakfast Bar



### Ingredients:

#### *Filling:*

- 1 cup strawberries
- 1 teaspoon honey
- 1 teaspoon lemon juice
- 1 tablespoon chia seeds

#### *Crust:*

- 1 tablespoon chia seeds
- 1 1/2 cups quick cook oats
- 1/2 cup whole-grain flour
- 1/3 cup maple syrup
- 1/2 cup almond butter
- 1-2 tablespoons orange juice
- 1 teaspoon cinnamon
- 1 tablespoon vanilla

### Directions:

1. Place almond butter and maple syrup in a bowl. Microwave to soften (10-20 seconds). Whisk together until smooth.
2. Add the oats, flour, 1 tablespoon apple juice, cinnamon, vanilla. Mix well to coat everything. May need to knead with your hands until oats are fully absorbed with all ingredients (add 1 or more tablespoons of orange juice if needed).
3. On a flat surface, place parchment paper down and then place your "dough" on the paper. Add another sheet of parchment paper on top. Roll out dough into a square shape until about 1/2 inch thick.
4. Place in refrigerator for about 30 minutes, freezer for 15 minutes.
5. Place the strawberries, honey, and lemon juice into a blender. Blend until the mixture is smooth. Stir in chia seeds.
6. After the oat mixture has hardened, spread the strawberry mixture on top. Slice into 6 horizontal strips, then half each of those strips.
7. Store in parchment paper placed in an airtight container in a glass container and stored in the refrigerator. Eat within 5-7 days.



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