

Gingerbread Oatmeal Bars

11 ingredients · 1 hour 20 minutes · 8 servings



Directions

1. Preheat the oven to 325°F (163°C) and line a baking pan with parchment paper.
2. In a large bowl add the maple syrup, molasses and almond butter and stir well. Add the oats, pumpkin seeds, walnuts, ginger, cinnamon, nutmeg, cloves and sea salt into the maple syrup mixture. Stir to mix, ensuring everything is well combined.
3. Pour the mixture into the prepared pan. Wet your fingertips with a bit of water to prevent sticking and smooth down the mixture with your hands. Bake for 16 to 18 minutes.
4. Let the pan cool for up to 20 minutes. Transfer to the fridge to chill completely for about an hour, and then slice into bars. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week. Freeze for up to three months.

Serving Size

One serving is equal to one bar. An 8x8 inch pan was used to make eight servings.

Ingredients

- 1/3 cup** Maple Syrup
- 1 1/2 tbsps** Blackstrap Molasses
- 1/2 cup** Almond Butter
- 1 cup** Oats
- 1/3 cup** Pumpkin Seeds
- 1/3 cup** Walnuts (roughly chopped)
- 1/3 tsp** Ground Ginger
- 1 tsp** Cinnamon
- 1/4 tsp** Nutmeg
- 1/4 tsp** Ground Cloves
- 1/4 tsp** Sea Salt