



Almond Oatmeal Bars with Cranberry & Flax

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12

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Chewy and fruity, Almond Oatmeal Bars with Cranberry & Flax are an easy dairy-free breakfast or snack option. This year-round satisfying recipe is the perfect combination of nuts, spices, and tartness of cranberries.

Ingredients

- 2 Cup(s) [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1/3 Cup(s) ground flax seed
- 1/2 Teaspoon(s) ground cinnamon
- 1/4 Teaspoon(s) ground ginger
- 1/4 Cup(s) unsweetened dried cranberries
- 1/4 Cup(s) almond butter
- 1/2 Cup(s) water
- 2 Tablespoon(s) honey
- 1/4 Teaspoon(s) almond extract
- 3 Tablespoon(s) sliced almonds

Cooking Instructions

1. In large bowl, stir together oats, flax seed, cinnamon and ginger.
2. Stir in cranberries.
3. In small bowl, stir together almond butter, water, honey and almond extract.
4. Add to oat mixture and stir to combine well.
5. Let stand 5 minutes or until mixture holds together when pressed.
6. Line 8x4 inch loaf pan with foil, leaving some foil hanging over sides.
7. Spray with nonstick cooking spray.
8. Press oat mixture evenly into pan.
9. Top with sliced almonds pressing lightly.

10. Cover with overhanging foil.
11. Refrigerate until firm and set, about 2 hours.
12. To serve, remove oat mixture from pan.
13. Cut in half lengthwise, then crosswise into 12 pieces.
14. Store, covered, at room temperature up to two days or refrigerate, covered, up to one week.