



Breakfast Recipes

Blueberry Breakfast Bar

Ingredients:

Bar:

- 2 cups old fashioned oats
- 1 cup slivered almonds
- 3 ½ tablespoons agave
- 1 tablespoon coconut oil
- 1 teaspoon kosher salt
- 1½ teaspoon cinnamon
- 2 bananas
- 1 ½ teaspoons vanilla
- 1 scoop Vanilla SFH Whey Protein



Topping:

- ½ cup old fashioned oats
- ¼ cup slivered almonds
- ¼ cup pumpkin seeds
- 1 cup fresh organic blueberries
- ¼ cup of coconut-almond milk (or plain coconut or plain almond milk)
- ¼ teaspoon cinnamon

Directions:

1. Preheat oven to 350 degrees
2. Line a 9x9 pan with parchment paper then grease with coconut oil
3. Combine all "bar" ingredients into a food processor and mix well for about 7 minutes
4. Spread evenly on the pan and bake for 8-10 minutes.
5. While the bar is baking, mix the topping ingredients in a large mixing bowl.
6. After the "bar" is done baking, add the ingredients from the topping bowl and bake for an additional 15 minutes.
7. Cut into 10 even bars

Cut into 10 squares, serving size is 1 square.

Nutrition Information:

1 serving: 233 calories, 7 grams protein, 25 grams carbs, 12 grams fat

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