

# Oatmeal Chocolate Chip Bars

## Ingredients:

2/3 cup maple syrup

1 tsp vanilla extract

1 1/2 cup almond flour

1/2 cup rolled oats

3/4 tsp baking soda

1/4 tsp salt

2/3 cup dairy free chocolate chips

1 tbs flax meal to make gel\* or 2 1/2 tbs aquafaba (liquid in canned chickpeas)



## Directions:

- Preheat oven to 350° F.
- Line 8x8 square baking pan with parchment.
- \*Flax meal gel: Mix 1 tbs flax meal with 2 1/2 tbs water. Let gel for 10 minutes before using or use 2 1/2 tbs aquafaba
- In a bowl, whisk together maple syrup, flax gel or aquafaba, and vanilla extract until smooth and combined. Stir in the almond flour, oats, baking soda and salt. Fold in chocolate chips.
- Spread evenly in prepared pan and bake for about 25 minutes or until lightly browned.
- Cool completely, then cut into 16 squares. Store in an airtight container.