



# OATMEAL BARS



## INGREDIENTS

- 2 cups oatmeal
- 1/2 cup almond powder (flour)
- 1/2 cup unsweetened coconut (powder, flakes, or shreds)
- 1/2 tsp cinnamon
- 3/4 cup finely chopped pecans
- 1 tsp cornstarch
- 1/2 stick unsalted butter, melted
- 1/2 cup fruit jam (I use apricot)
- 1 tsp vanilla extract
- 1 egg white

## DIRECTIONS

1. Toast oatmeal on a baking sheet in 300° oven for 20-25 minutes.
2. Increase oven temperature to 350°.
3. Mix dry ingredients in a bowl: toasted oatmeal, almond powder (flour), coconut, cinnamon, cornstarch, and pecans.
4. In a separate bowl, mix wet ingredients: melted butter, fruit jam, vanilla, and egg white.
5. Combine wet and dry ingredients.
6. Pack mixture firmly into a 9"x 9" parchment-lined pan and bake at 350° for 20-25 minutes, until golden around the edges.
7. Cool in pan and cut into bars when cool.
8. Enjoy!

Pecans (and nuts in general) are heart healthy sources of fat and a great source of protein. When used in place of saturated or trans-fat, nuts have been found to be associated with reduction of cholesterol levels and heart disease.