

MIX N' MATCH BEAN BARS

INGREDIENTS

- 1 lb** White Beans (canned) **OR** Black, Pinto, Chickpeas or Adzuki beans
 - 1/2 C** Almond Butter **OR** Peanut butter **OR** mashed avocado
 - 1/4 C** Lite Maple syrup **OR** Brown rice syrup **OR** Agave nectar **OR** Honey
 - 1/4 C** Applesauce **OR** 1/2 a mashed banana **OR** crushed pineapple
 - 1 t** Vanilla extract **OR** Almond **OR** Coffee **OR** Coconut
 - 1 t** Cinnamon **OR** Ginger **OR** Nutmeg **OR** Cardamom **OR** Instant coffee
 - 1/4 t** Sea salt
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- 1 1/2 C** Oatmeal
 - 1 C** Protein Powder **OR** Brown rice flour **OR** Spelt flour **OR** Whole wheat flour
 - 1 C** Of one of these ingredients or a mix not to exceed 1C
Shredded Coconut **&/OR** Dried cranberries **&/OR** Raisins **&/OR** Dried apricots **&/OR** Cacao nibs **&/OR** Carob chips **&/OR** Dry cereal of your choice **&/OR** Chopped nuts
- Non-stick cooking spray

DIRECTIONS

- 1 Place the first 7 ingredients in a blender & process until smooth
- 2 Add the oatmeal & one of the flours & pulse to combine
- 3 Add the last ingredient or your mix & pulse again to combine
- 4 You're want a mix that is spreadable
- 5 If it's too dry add 1/4 C water & if it's too runny add 1/4 C more of the protein powder or flour
- 6 Preheat oven to 350 F
- 7 Spray a 9 X 13 glass baking dish & spread mix into the pan
- 8 Bake for 15 - 18 minutes
- 9 Allow to cool for at least 1 hour before cutting into bars



