

Oatmeal Bar

Ingredients:

Make your oatmeal with lots of good stuff and then bake it.

Once it hardens and is cold you can cut off squares to eat!

- 4 cups oatmeal, regular with as much as 1 cut steel oat
- ½-1 cup raisins
- 1 cup frozen fruit, I usually use blueberries
- ½ cup pecans
- Chia seeds, flax seeds, cinnamon, ginger

Instructions

1. Cook the oatmeal with the other ingredients, I use a rice cooker
2. Put everything in a pan for the oven
3. Cook at 350 degrees for 20 minutes
4. Cook and cut into squares

