

### Apple-Berry Oatmeal Bars

Ingredients:

- 1 tsp coconut oil, melted
- 1/2 cup pure Applesauce, unsweetened (room temperature)
- 1/3 cup Coconut Milk
- 2 tbsp pure Maple Syrup
- 1/4 tsp ground Cinnamon
- 1/8 tsp ground Nutmeg
- 2 1/2 cup Oats, (I use Gluten-free)
- 3/4 cup fresh Blueberries, rinsed

Preheat oven to 350 degrees (f). Line a small baking pan with parchment paper. Whisk together oil, applesauce, milk, maple syrup and spices until well combined. Gently stir in oats until all of the oats are coated with applesauce mixture. Fold in Blueberries, being sure not to over-mix. Press into the pan and bake for 15-20 minutes. Allow to cool, cut and Enjoy!

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