

Jam and Oats Protein Bars

BY RAQUEL C.



INGREDIENTS:

✓ Available for purchase in the PureFormulas Store

- 1 cup of chopped nuts, toasted
 - Pecans* ✓
 - Walnuts* ✓
 - Almonds* ✓
- 1 1/2 cups almond flour ✓
- 1 1/4 cups old-fashioned rolled oats ✓
- 1/3 cup sugar
- 1/3 cup brown sugar
- 1 1/4 tsp sea salt
- 1/2 tsp baking soda
- 1/4 tsp cinnamon
- 1/2 tsp vanilla extract ✓
- 2 sticks unsalted butter, melted
- 1 1/2 cups raspberry or blackberry jam
- 2 tbsp hemp seeds ✓
- 3 scoops protein ✓
- 1/3 cup almond milk

DIRECTIONS:

1. Preheat oven to 350 degrees. Line an 8 inch square baking pan with parchment paper.
2. Place nuts on a baking sheet and roast in the oven for 5-7 minutes.
3. Let cool and coarsely chop.
4. In a large bowl mix the almond flour, oats, sugar, brown sugar, baking soda and chopped nuts.
5. Stir in the melted butter and milk until it is thoroughly combined.
6. Press 2/3 of the mixture in an even layer on the pan.
7. Top with the jam.
8. Sprinkle the remaining mixture on top of the jam.
9. Bake for 35-45 minutes.
10. Let cool completely before cutting into squares.