Almond Cherry Bars

Yield: 12 servings (serving size: 1 bar)

Ingredients

- 2 cups old-fashioned oats
- 1/3 cup almond butter
- ¼ cup pure maple syrup
- 1½ Tbsp. coconut oil
- 1 tsp. vanilla extract
- ½ tsp. kosher salt
- 1 large egg white
- ½ cup coarsely chopped unsalted roasted almonds
- 1/3 cup chopped unsweetened dried cherries

Preparation

1. Preheat oven to 350F. Line an 8-inch square metal baking pan with parchment paper; let excess hang over edge.
2. Spread oats onto a baking sheet. Bake at 350F until toasted, about 12 minutes. Place in a medium bowl; cool.
3. Place almond butter, maple syrup, and oil in a microwaveable bowl. Microwave at HIGH until warm, about 30 seconds; whisk until smooth. Whisk in vanilla, salt and egg white.
4. Add almonds and cherries to oats. Pour almond butter mixture over oat mixture; stir until well combined. Using a spatula, press mixture very firmly into prepared pan.
5. Bake at 350F until lightly browned, 20 to 22 minutes. Cool in pan on a wire rack 15 minutes. Remove from pan using parchment paper. Cool completely on rack. Cut into 12 (4 x 1 1/3 inch) bars.

Nutritional Information: Amount per serving

- Calories: 173
- Calories from fat: 52%
- Fat: 10g
- Saturated fat: 2g
- Protein: 5g
- Carbohydrate: 18g
- Fiber: 3g
- Sugar: 7g
- Sodium: 103mg

Adapted from Cooking Light September 2018