

Breakfast | Snack

# Very Cherry Walnut Breakfast Bars

**15 Mins**  
Prep Time

**18-20 Mins**  
Cook Time

**12**  
Servings

☰ 276 Calories 16g Fat 29g Carbs 7g Protein



## Ingredients

👤 12 Servings • 1 Bar Serving Size

🕒 33-35 Mins Total Time

🚫 Allergens: Nuts, Gluten, Eggs, FODMAPs

1 ½ Cups Old-Fashioned Rolled Oats 🌱	⅓ Cup Flour
¼ Cup Unsweetened Apple Sauce	½ Tsp Salt
1 Cup Walnuts, chopped 🌱	2 Tbsp Honey
½ Cup Ground Flax Meal 🌱	⅓ Cup Brown Sugar
1 Tsp Ground Cinnamon	1 Egg
1 Tsp Baking Soda	1 Tsp Vanilla Extract
½ Cup Dried Cherries 🌱	½ Cup Almond Butter

\*For an added treat, add ½ cup mini chocolate chips.

### Allergen Swap

**Nuts** Omit walnuts, substitute Sun Butter® for almond butter. Bars may turn green in color if using Sun Butter®. This is due to a chemical reaction between the Sun Butter® and the baking soda and does not affect taste.

**Gluten** Use a cup-for-cup gluten-free flour alternative

**Egg** Use a commercial egg replacer

**FODMAPs** Maple syrup for honey; Gluten-free flour alternative for flour; Firm banana chunks for dried cherries

### Nourishment Note!



#### 🌱 Walnuts

Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation within the body.



#### 🌱 Old-Fashioned Oats

Oats provide a gluten-free source of soluble fiber, an important nutrient for gut health. Oats also help to bring down cholesterol levels, lowering the risk for heart disease.



#### 🌱 Ground Flax Meal

Flax meal is high in omega-3 fatty acids, these types of fats are helpful for reducing inflammation in the body and lowering the risk for heart disease. Flax meal is also rich in dietary fiber.



#### 🌱 Dried Cherries

Cherries are a great source of anthocyanins and quercetin. These antioxidants may help to protect the heart and lower inflammation within the body. Cherries may also help to relieve arthritis pain when consumed regularly.

## Instructions

### 1. Preheat Oven

Preheat oven to 375°F. Line a baking sheet with parchment paper.

### 2. Mix Ingredients

In a large bowl, mix together the chopped walnuts, oats, flour, flax meal, baking soda, salt, and cinnamon until combined.

### 3. Combine Ingredients

In another large bowl, combine the almond butter, apple sauce, honey, brown sugar, egg, and vanilla extract. Once well mixed, fold in the dried cherries and chocolate chips, if using.

### 4. Blend

Mix the dry ingredient into the almond butter mixture. For easier blending, use a hand mixer or a stand mixer.

### 5. Shape Dough

Place dough on the prepared baking sheet and mold into a 1" thick rectangle.

### 6. Bake

Bake in pre-heated oven for 18-20 minutes or until cooked through. Remove from oven and allow to cool before cutting into bars and eating.

Recipe adapted from [allrecipes.com](https://www.allrecipes.com)

## What You'll Need



Baking Sheet



Parchment Paper



2 Large Bowls



Measuring Cups



Measuring Spoons



Rubber Scraper



Spoon



Mixer (Hand or Stand)



Spatula

### RA Cooking Tips

**Walnuts:** Buy pre-chopped walnuts to avoid chopping.

**Mix:** Mix heavy dough in a stand mixer and use a cookie scoop to scoop dough.