

Breakfast | Snack

Very Cherry Walnut Breakfast Bars

Side Effect: Diarrhea

15 Mins
Prep Time

18-20 Mins
Cook Time

12
Servings

 **237** Calories **16g** Fat **29g** Carbs **7g** Protein



Ingredients

 **12** Servings • **1 Bar** Serving Size

 **33-35 Mins** Total Time

 **Allergens:** Nuts, Gluten, Eggs

1 Cup Walnuts, chopped

1 ½ Cups Old Fashioned Rolled Oats 

⅓ Cup Flour

½ Cup Ground Flax Meal

1 Tsp Baking Soda

½ Tsp Salt

1 Tsp Ground Cinnamon

½ Cup Almond Butter

¼ Cup Unsweetened Applesauce

2 Tbsp Honey

⅓ Cup Brown Sugar

1 Egg

1 Tsp Vanilla Extract

½ Cup Dried Cherries

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

Nourishment Note



Old-Fashioned Oats

Oats are rich in water-absorbing soluble fiber. This type of fiber can be especially beneficial for diarrhea, as it absorbs excess water in the bowel, potentially providing diarrhea relief.

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

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

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

3. Mix Ingredients

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

4. 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.

5. Blend

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

6. Shape Dough

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

7. 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.

8. Wash Hands

Wash hands with soap and water.

Recipe credited 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

Fatigue Buster

- Buy pre-chopped walnuts to avoid chopping.
- Mix heavy dough in a stand mixer.