



Whole Grain Breakfast Bars

Ingredients:

- 1 $\frac{3}{4}$ cups whole grain khorasan flour
- 3 tbsp freshly flaked whole oats
- 3 tbsp flax seed
- 1 tsp baking soda
- $\frac{1}{2}$ tsp sea salt
- 3 tbsp white sugar
- $\frac{1}{2}$ tsp cinnamon
- 1 cup chopped walnuts
- $\frac{1}{2}$ cup brown sugar
- 4 tbsp butter (at room temperature)
- 2 large eggs (at room temperature)
- Zest of 1 lemon
- 2 tsp vanilla extract
- 1 cup plain yogurt
- 1 $\frac{1}{3}$ cup blueberries

Procedure:

PREP WET & DRY: Preheat oven to 350. Lightly grease an 8" square pan.

In a medium bowl combine flour, oats, flax seed, baking soda and salt.

In a small bowl combine, walnuts, white sugar and cinnamon.

In a large bowl, beat the butter and brown sugar. When it is light and fluffy, add the eggs one at a time, beating after each one. Beat in the vanilla, zest and yogurt.

COMBINE WET & DRY: Add the flour mixture to the sugar mixture and mix. Spread half of the batter into the greased pan. Sprinkle half of the nut mixture over the batter. Top with all of the blueberries, pressing them into the batter gently. Cover the blueberries with the remaining half of the batter. Top the batter with the remaining half of the nut mixture, again pressing it gently into the batter.

Bake until a wooden toothpick inserted comes out clean, approximately 35-40 minutes. Let cool and cut into 2 inch squares to serve.

