

Healthy Chocolate Chip Oatmeal Bars

★★★★★ 5 from 30 votes



Prep Time	Cook Time	Total Time	Serving
5 mins	20 mins	25 mins	12 servings

Ingredients

- 2 large eggs
- 1/3 cup almond milk, *unsweetened*
- 1/3 cup pure maple syrup
- 1/2 cup melted coconut oil
- 1 1/2 tsp vanilla extract
- 1/4 cup coconut sugar
- 1 1/4 cup homemade oat flour, **see notes*
- 2/3 cup rolled oats, *gluten-free or regular*
- 1/2 tsp baking powder
- 1/2 tsp cinnamon
- 1/2 cup chocolate chips

Instructions

1. Preheat oven to 350°F. Line or grease an 8x8 pan with parchment and set aside.
2. In a large mixing bowl, whisk together the eggs, almond milk, maple syrup, melted coconut oil, vanilla extract, and coconut sugar.
3. Add in oat flour, rolled oats, baking powder, and cinnamon. Mix and gently fold in chocolate chips.
4. Evenly pour batter into the lined pan and sprinkle extra chocolate chips on top.
5. Bake for 18 – 20 minutes or until toothpick comes out clean and bars are golden brown.
6. Let cool before cutting into bars and enjoy!

Notes

Homemade Oat Flour: Blend rolled oats in a high-speed blender until it resembles a flour-like consistency.

Almond Milk: Can substitute with another nut milk or regular milk.

Coconut Sugar: Can substitute 1:1 with light brown sugar.

Nutrition

Calories: 179kcal | **Carbohydrates:** 17g | **Protein:** 3g | **Fat:** 12g | **Saturated Fat:** 9g | **Polyunsaturated Fat:** 1g | **Monounsaturated Fat:** 1g | **Trans Fat:** 1g | **Cholesterol:** 27mg | **Sodium:** 47mg | **Potassium:** 94mg | **Fiber:** 2g | **Sugar:** 4g | **Vitamin A:** 40IU | **Vitamin C:** 1mg | **Calcium:** 42mg | **Iron:** 1mg