

Raspberry Oat Breakfast Bars

These wholesome raspberry oat breakfast bars are packed with fiber, naturally sweetened, and perfect for busy mornings or an afternoon snack. They can be made ahead of time and stored in the refrigerator or freezer for a quick grab-and-go option.

Ingredients

For the oat base and topping:

- 2 cups rolled oats
- 1 cup whole wheat flour (or all-purpose flour)
- ½ cup chopped walnuts or almonds (optional)
- 1 teaspoon cinnamon
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ⅓ cup melted coconut oil or unsalted butter
- ⅓ cup maple syrup or honey
- 1 teaspoon vanilla extract

For the filling:

- 2 cups fresh or frozen raspberries
- 1 tablespoon maple syrup or honey (optional, depending on sweetness of berries)
- 1 tablespoon chia seeds or cornstarch
- 1 teaspoon lemon juice

Instructions

1. **Preheat the oven** to 350°F (175°C). Line an 8-inch square baking pan with parchment paper.



2. **Prepare the filling.** In a small saucepan, combine the raspberries, maple syrup (if using), lemon juice, and chia seeds or cornstarch. Cook over medium heat for 5–7 minutes, stirring occasionally, until the mixture thickens. Remove from the heat and allow it to cool slightly.
3. **Make the oat mixture.** In a large bowl, combine the oats, flour, chopped nuts, cinnamon, baking powder, and salt. Stir in the melted coconut oil, maple syrup, and vanilla until the mixture is evenly coated and crumbly.
4. **Assemble the bars.** Press about two-thirds of the oat mixture firmly into the prepared baking pan to form the base. Spread the raspberry filling evenly over the top, then sprinkle the remaining oat mixture over the filling.
5. **Bake** for 30–35 minutes, or until the topping is lightly golden.
6. **Cool completely** before slicing into squares. Chilling the bars in the refrigerator for an hour makes them easier to cut neatly.

Tips

- Substitute blueberries, strawberries, or mixed berries for a different flavour.
- Add a tablespoon of ground flaxseed to the oat mixture for an extra fiber boost.
- Store in an airtight container in the refrigerator for up to 5 days or freeze for up to 3 months.

Makes

9–12 bars