



Savory oat bars

15'
Hands on

2 hours'
Hands off

10'
Cook Time

12
Portion(s)

1
Difficulty



Ingredients

- 250 g oats, gluten-free
- 60 g flaxseed
- 20 g pumpkin seeds
- 20 g poppy seeds
- 50 g cashews, coarsely chopped
- 1 tablespoon(s) soy sauce, gluten-free
- 1 tablespoon(s) turmeric, powder
- 1 teaspoon(s) salt
- 1 teaspoon(s) herbs, dried (thyme, oregano, etc.)
- 10 g seaweed, cut into 0,5 cm pieces
- 20 g sun-dried tomatoes, drained well and cut into small cubes
- 170 g agave syrup
- 200 g [almond butter](#)
- strained yogurt, to serve (optionally)

Method

- Preheat the oven to 190°C (390 F) set to fan.
- In a large [bowl](#) mix the oats, the seeds, the cashews, the soy sauce, and the turmeric.
- Spread the mixture in a [baking pan](#) and bake it for 10 minutes, mixing once in between, if needed.
- Take the baking pan out of the oven, return the mixture to the bowl, and let it cool down.
- Add the rest of the ingredients, except for the butter and the agave syrup, and mix well.
- In a [frying pan](#), heat the butter and the agave syrup over low heat, until the mixture thickens.
- Turn off the heat and pour the mixture into the bowl with the oats.
- Mix with a wooden spoon and then, if you want, with your [hands](#). When you press it through your fingers, it should form a mass.
- Transfer the mixture to a 20x30 cm baking pan, lined with parchment paper.
- Press it well with your hands and then, with the bottom of a glass to make it compact.
- Refrigerate it for 2 hours, so that the mixture chills and thickens well.
- Take the baking pan out of the refrigerator, cut the mixture into bars, and enjoy them as they are or served with some yogurt.

Διατροφικός πίνακας

Nutrition information per portion

305 Calories (kcal)	17.0 Total Fat (g)	1.9 Saturated Fat (g)	25.0 Total Carbs (g)
15%	24%	10%	10%
9.2 Sugars (g)	9.6 Protein (g)	7.3 Fibre (g)	0.84 Sodium (g)
10%	19%	29%	14%