

Almond Butter, Blueberry & Oat Energy Squares

Prep Time: 10 minutes

Cook Time: 1 hour, 10 minutes

Yield: 16 squares

Storage: 3 days at room temperature or 7 days in airtight container in refrigerator

Author: Chef Chandra, Cooking with Chef Chandra

Ingredients

- 1 cup creamy almond butter (sun butter can be substituted)
- ¼ cup maple syrup
- 2 cups rolled oats, toasted
- ½ cup blueberries
- ½ cup pistachios, chopped
- ½ tsp salt

Instructions

Line an 8-inch baking pan with parchment paper, leaving extra hanging over two sides. Lightly coat the parchment with cooking spray.

Mix almond butter and maple syrup in a large bowl. Stir in oats blueberries pistachios and salt. Spread the mixture firmly in evenly into the prepared pan. Refrigerate until cold about one hour. Cut into 16 squares.