

# Almond Oatmeal Bars with Cranberry & Flax

## Ingredients

- 2 cups Quaker® Oats (quick or old fashioned, uncooked)
- 1/3 cup ground flax seed
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 cup unsweetened dried cranberries
- 1/4 cup almond butter
- 1/2 cup water
- 2 tbsp honey
- 1/4 tsp almond extract
- 3 tbsp sliced almonds

## How to make it

1. In large bowl, stir together oats, flax seed, cinnamon and ginger.
2. Stir in cranberries.
3. In small bowl, stir together almond butter, water, honey and almond extract.
4. Add to oat mixture and stir to combine well.
5. Let stand 5 minutes or until mixture holds together when pressed.
6. Line 8x4 inch loaf pan with foil, leaving some foil hanging over sides.
7. Spray with nonstick cooking spray.
8. Press oat mixture evenly into pan.
9. Top with sliced almonds pressing lightly.
10. Cover with overhanging foil.
11. Refrigerate until firm and set, about 2 hours.
12. To serve, remove oat mixture from pan.
13. Cut in half lengthwise, then crosswise into 12 pieces.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	0 min (+2 hrs standing)	10 min	12

## Made with



**Quaker® Oats-Old Fashioned**

14. Store, covered, at room temperature up to two days or refrigerate, covered, up to one week.