

Berry and White Bean Breakfast Bars

INGREDIENTS

Filling:

- 1 cup berries (fresh or frozen, thawed)
- 1 tablespoon chia seeds

Batter:

- 1 (15 ounce) can white beans
- ½ cup unsweetened applesauce
- 2 teaspoons vanilla extract
- ½ cup peanut butter
- 1 tablespoon honey
- 1 cup oats
- 1 teaspoon baking soda
- 1 teaspoon cinnamon



DIRECTIONS

1. Preheat oven to 325°F.
2. Mash berries with a fork, add chia seeds, and set aside.
3. Drain and rinse beans.
4. Add beans, applesauce, and vanilla to a blender and blend until smooth.
5. Heat peanut butter and honey in a large microwave-safe bowl at half power until melted and easy to stir.
6. Transfer bean batter to peanut butter mixture and stir to combine.
7. Add oats, baking soda, and cinnamon to bowl and stir until well-mixed.
8. Transfer mixture to a greased 8×8 glass pan and distribute evenly with a spatula, reserving about 1 cup for the topping.
9. Pour berry mixture on top and distribute evenly.
10. Evenly distribute reserved batter on top of berries (note: will not cover completely).
11. Bake at 325°F for 30 minutes.
12. Remove from oven and allow to cool for at least 30 minutes, ideally to room temperature.
13. Cover and refrigerate overnight.

Optional: top with more berries or sliced almonds.