

## Strawberry Oat Squares

### Ingredients:

#### **For Oat Base:**

2.5 cups regular oats  
1 cup oatmeal ground up (takes about 1 ¼ cups oatmeal)  
1 tsp baking soda  
pinch sea salt  
1 tablespoon cinnamon  
1 chia egg (1 tbsp chia seeds+ 4 tbsp warm water, mixed)  
1/4 cup brown sugar  
1/3 cup butter melted  
1/4 cup agave syrup  
1/4 cup light soy or almond milk  
1 teaspoon almond extract  
1 tbsp sesame seeds (for topping only)

#### **For Strawberry chia seed Jam:**

### Ingredients:

3 1/2 cups chopped strawberries, finely chopped into 1/4 inch pieces OR approx 1 1/2 cup pre-made jam  
1/4 cup sugar, to taste  
2 tablespoons chia seeds  
1 teaspoon almond extract

**Directions:** Preheat oven to 350F. Line a baking pan (I used a 9 ½ x 7 ½ ) with parchment paper and oil the sides of the pan and base.

1. In a small bowl, mix the chia egg and set aside.
2. In a medium sized pot, add the chopped strawberries and sugar. Heat over low until the strawberries begin to sweat and it gets a bit watery. Once it heats down a bit, add in the chia seeds, and stir well. Bring to a boil and then simmer over low to medium heat for at about 10 minutes. Once it has thickened a bit, remove from heat, add the almond extract and cool for 5-10 min.
3. In a large bowl, mix the oat base dry ingredients: oats, oat flour, brown sugar, baking soda, salt and cinnamon.
4. In a small bowl, mix the melted butter, agave, almond milk, almond extract, and chia egg. Stir well.
5. Add the wet mixture to the dry and mix well, using hands if necessary.
6. Set aside 1/2 cup of the dough for the topping.
7. Pour the oat mixture onto the prepared pan and press down with fingers. Use a spoon to smooth out if desired.
8. Pour on strawberry mixture and smooth out.
9. Now sprinkle on the reserved 1/2 cup oat mixture.
10. Sprinkle on 1 tbsp of sesame seeds or coconut.
11. Bake at 350F for approximately 30 minutes. Allow to fully cool for at least 30-40 minutes before gently removing from pan. Slice and then store in a container in the fridge to keep firm.

### **Nutritional Information**

Calories: 209

Fat: 7g

Protein: 4g

Carbohydrate: 34g

Sodium: 5mg

Cholesterol: 13mg

Potassium: 104mg

Sugar: 15g

Fiber: 5g

Iron: 10%  
Vitamin A: 4%  
Vitamin C: 48%  
Calcium: 5%

Adapted from <http://ohsheglows.com/2010/10/18/healthy-strawberry-oat-squares-with-homemade-jam/#ixzz2v0V32fts>