



THE INCABERRY

Incaberry oat breakfast bars

These bars are good for breakfast, or for any time. Extensively adapted from the oatmeal earth bars in Kris Holechek's [The 100 Best Vegan Baking Recipes](#).

Makes approximately 10 bars. Vegan.

Ingredients

1 cup plain flour
1 cup rolled oats
1/2 tsp baking powder
1/2 tsp cinnamon
Pinch salt
1 cup apple sauce
1/2 cup milk of choice (I used soy)
1/4 cup agave nectar
1 tsp vanilla extract
2 tbsp almond butter
1/2 cup incaberries



Method

Preheat your oven to 160°C (320°F) and line a square baking tray with baking paper. Combine the flour, oats, baking powder, cinnamon and salt in a large bowl. Stir to combine. Add the apple sauce, milk, agave, vanilla and almond butter and mix well. Stir in the incaberries. Transfer to the prepared baking tin and bake for 40 minutes or until golden and an inserted knife comes out clean.

Thanks to [Bite Sized Thoughts](#) for this recipe and image

<http://www.bitesizedthoughts.com/2013/04/incaberry-oat-breakfast-bars.html>