

CAMP BARS – GLUTEN FREE

RECIPES BY AUBURNRAVEN.COM

Ingredients

- 2 cups rolled oats
- 2 Tbsp. ground flax seeds
- 2 large eggs
- 1 ½ cups milk of choice (I use almond or oat milk)
- ¾ cup natural peanut butter or nut butter of your choice
- 1 ½ cups frozen raspberries (unsweetened for sugar free)

Crumble Topping

- ¼ cup rolled oats
- 1 Tbsp. natural peanut butter or nut butter of your choice
- 2 Tbsp. chopped nut of your choice

Directions

1. Preheat oven to 350 F. Line a square 8x8" or 9x9" baking dish with parchment paper or lightly grease baking dish.
2. In a medium bowl, stir together oats and flax seeds. Stir in eggs, milk, and peanut butter and mix well.
3. Press oat mixture into prepared baking dish. Spread raspberries evenly over the top.
4. In a small bowl, stir together ingredients for the crumble topping. Sprinkle topping over raspberries and gently press down.
5. Bake 25-30 minutes. Cool overnight in the refrigerator before cutting into bars.

NOTES

This recipe is super healthy and good for school lunches or camping. It is not sweet but the fruit adds a touch of natural sweetener. You can use a variety of fruits, nuts and grains to change it up a bit.

Store bars in airtight container (1 week) in refrigerator or freeze in freezer bag (up to 3 months).