



Creative Juices  
Consulting

## Oatmeal Peanut Butter Trail Bars

**1 cup whole wheat flour**  
**2 tsp cinnamon**  
**1 tsp baking soda**  
**1/4 tsp salt**  
**1 cup natural peanut butter, no added sugar or salt**  
**1/2 cup turbinado sugar**  
**2/3 cup local raw honey**  
**3 large eggs + 1 egg white**  
**4 TBSP canola oil or coconut oil**  
**3 tsp vanilla**  
**3 1/2 cups organic oats**  
**1 cup dried blueberries**  
**3/4 cup chopped walnuts or almonds or pumpkin seeds**  
**2/3 cup dark chocolate chips**

### Instructions:

**Preheat oven to 350 degrees. Spray a 9x13 pan (for thinner bars) or 9x9 pan (for thicker bars)**

**Whisk the flour, cinnamon, baking soda and salt in a medium bowl**

**Beat the peanut butter, sugar, and honey in a large mixing bowl with an electric mixer until blended.**

**Blend egg and egg white with a fork in a small bowl.**

**Add to the peanut butter mixture, along with the oil and vanilla**

**Beat until smooth. Add reserved flour mixture and mix with rubber spatula. Mix in oats, dried blueberries, nuts or seeds, and chocolate chips.**

**Scrape batter into prepared baking dish. Mixture will be thick and sticky. Use a piece of plastic wrap to spread batter into an even layer.**

**Bake the bars until lightly browned and firm to touch, 20 – 25 minutes. Let cool completely in the pan on a rack before cutting into bars.**