



FOUR INGREDIENT BAKED OATMEAL BARS

High-Protein / Gluten-Free / Low-Sugar / Dairy-Free

Recipe by Kat (@katalysthealth) and featured on MariGoldBars.com

"Try these super easy, baked oatmeal bars for an easy grab & go breakfast or snack.

Only a few ingredients. Super simple to make."

- Kat (@katalysthealth)

INGREDIENTS:

- 1 cup applesauce, unsweetened
- 1/2 cup peanut butter
- 1 1/4 cups gluten-free rolled oats
- 1 scoop MariGold Vanilla Collagen Latte High Protein Coffee Powder
- Chocolate chips (optional)

DIRECTIONS

1. Preheat oven to 350 & line an 8x8 dish with parchment.
2. Add all ingredients to a bowl & stir to combine.
3. Spread into prepared pan & bake for 15-18 minutes.
4. Let cool, slice & eat!



Featuring MariGold
Vanilla Collagen Latte
High Protein Coffee Powder
(MariGoldBars.com)

