

Grab-and-Go Breakfast Bars

Makes 16 Bars

- 1 cup Mom's Best® Naturals Quick Oats
- 1 cup Mom's Best® Naturals Toasted Wheat-fuls™
- 1 cup walnuts
- 1 1/2 cups dried fruit (we use a combination of dried apricots, dried plums, and dried cranberries)
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 large omega-3 eggs
- 1/3 cup honey
- 1 teaspoon vanilla extract
- 1/2 cup mini chocolate chips

1. Preheat the oven to 350°F. Lightly oil or coat an 8 x 8-inch baking pan with nonstick cooking spray and set aside.
2. Place the oats, shredded wheat, walnuts, dried fruit, cinnamon, and salt in a food processor and pulse until the mixture is finely chopped (the dried fruit will be the size of a dried pea or lentil).
3. In a large bowl, whisk together the eggs, honey, and vanilla. Add the oatmeal mixture and chocolate chips and stir to combine.
4. Transfer to the baking pan and flatten down gently with the back of a spoon or spatula to spread evenly.
5. Bake about 18 minutes until the edges turn golden brown and the bars are done. Let bars cool completely in pan before slicing and serving.

* We like [Mom's Best Naturals](#) Toasted Wheat-fuls for this recipe.

TIP: These bars freeze really well. So, if you have leftovers, wrap individual portions in plastic baggies or aluminum foil and freeze.

Nutrition Information per Serving: 170 calories, 7g fat (1.5g saturated, 0.7g omega-3), 85mg sodium, 25g carbohydrate, 2g fiber, 3g protein