



NutritionRx
Jennifer Broxterman

Oatmeal Pumpkin Flax Coconut Bars

A tasty bar packed with fibre and healthy fats, making it a great choice to keep you satisfied between meals or after a workout. Wrap them in saran wrap and store in the freezer for an easy on-the-go snack!

Prep: 10 minutes • Total: 35 minutes

Ingredients:

Rollled oats	2.5 cups	625 mL
Unsweetened shredded coconut	1 cup	250 mL
Chopped raw almonds	½ cup	125 mL
Dried cranberries	½ cup	125 mL
Mini semi-sweet chocolate chips	½ cup	125 mL
Whole wheat flour or oat flour	1/3 cup	83 mL
Ground flaxseed	¼ cup	63 mL
Ground cinnamon	1 tsp	5 mL
Canned pumpkin puree	¾ cup	175 mL
Honey	½ cup	125 mL
Butter, melted	¼ cup	63 mL
Vanilla extract	1 tsp	5 mL

*To make the recipe gluten-free, use GF certified oats and instead of whole wheat flour, make your own GF oat flour by blending 1 cup of rolled oats in your food processor until they are ground to a super-fine consistency.

Directions:

1. Preheat the oven to 350°F.
2. Line a 9x13 inch baking pan with parchment paper.
3. Combine the oats, coconut, almonds, dried cranberries, chocolate chips, flour, flaxseed and cinnamon in a large bowl. Mix well.
4. Mix together the pumpkin, honey, butter and vanilla in a medium bowl. Pour wet ingredients over dry ingredients and mix with a wooden spoon.
5. Spread mixture into pan and pack firmly.
6. Bake on middle oven rack for 25 minutes. Remove from oven, let cool, and cut into 16 bars.

Nutrition Facts

Serving Size (64g)

Servings Per Container

Amount Per Serving

Calories 230 **Calories from Fat 110**

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 25mg **1%**

Total Carbohydrate 30g **10%**

Dietary Fiber 5g **20%**

Sugars 15g

Protein 4g

Vitamin A 50% • **Vitamin C 2%**

Calcium 4% • **Iron 8%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: Looney Spoons Cookbook

Makes 16 servings (64 g / serving) • 1 serving = 1 bar

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