

Slow Cooker Superfood Protein Bars

Prep: 45 min Cook: 3 hr Total: 3 hr 45 min Servings: 12

Calories: 198 Fat: 10g Protein: 6g Carbs: 24g Fiber: 0g

Ingredients

- 2 Tbsp flax meal
- 5 Tbsp warm water
- 1/2 cup cashew butter
- 1 Tbsp BBF organic agave
- 2/3 cup very ripe banana, mashed
- 1/4 cup BBF organic coconut palm sugar
- 1/4 cup unsweetened vanilla almond milk
- 2 tsp Vanilla Extract
- 1 cup rolled, old fashioned oatmeal
- 2/3 cup oat flour
- 1/3 cup BBF Organic Plant Protein
- 1/2 Tbsp cinnamon
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/3 cup dried blueberries
- 1/4 cup raw cacao nibs
- 1/4 cup toasted cashews, finely chopped
- * You can buy pre-toasted cashews or you can place them in the oven for 10-15 minutes to toast your own

Directions

1. Mix the flax meal and warm water in a small bowl. Refrigerate for 20 minutes before starting the recipe.
2. Grease a 7-quart slow cooker with coconut oil or cooking spray. Line it with parchment paper, leaving an overhang on all sides for easy removal. Lightly spray the slow cooker before lining to help the parchment stay in place. For a precise fit, trace the slow cooker's base on parchment paper, and cut it a few inches larger to leave enough overhang.
3. In a large, microwave-safe mixing bowl, combine the cashew butter and agave. Microwave for 1 to 1 1/2 minutes, or until softened. Beat with an electric hand mixer until smooth.

4. To the bowl, add the mashed banana, coconut sugar, almond milk, vanilla extract, and chilled flax eggs. Beat until the mixture is smooth and runny.
5. Add the oatmeal, oat flour, protein powder, cinnamon, baking powder, baking soda, and salt to the wet mixture. Mix until well combined.
6. Gently fold in the dried blueberries, cacao nibs, and chopped cashews until evenly distributed. Note: The batter will be thick.
7. Spoon the thick batter into the prepared slow cooker, and spread it evenly with a spatula or the back of a spoon.
8. Cover the slow cooker and cook on low for 2 to 3 hours. The bars are done when the sides are browned, the top is set, and a toothpick inserted into the center comes out clean.
9. Use the parchment paper overhang to lift the bars out of the slow cooker and transfer them to a cooling rack. Let them cool completely before slicing.
10. Cut the cooled bars into your desired size.
11. Enjoy your Slow Cooker Superfood Protein Bars!