

. Almond-Raisin Oat Bars (Gluten-Free Flapjacks)

Ingredients

- 2 cups certified gluten-free rolled oats
 - ½ cup almond butter (creamy and unsweetened)
 - ¼ cup honey (or maple syrup for vegan version)
 - ¼ cup raisins
 - ¼ cup chopped almonds
 - 1 tsp vanilla extract
 - Pinch of sea salt
 - Optional: ½ tsp cinnamon for a warm flavor
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Instructions (Very Detailed)

Step 1 – Prepare your pan and oven:

Preheat your oven to 160°C (320°F).

Line a small square baking pan (8x8 inches) with parchment paper.

Leave a little overhang on the sides so you can lift the bars out later. This makes cleanup easier and prevents sticking.

Step 2 – Toast the oats and almonds (optional but recommended):

Spread the oats and chopped almonds on a baking tray.

Toast in the oven for 8–10 minutes, stirring once halfway through, until they're slightly golden.

Remove and let them cool for 5 minutes. This gives the bars a deeper, nutty flavor.

Step 3 – Warm the wet ingredients:

In a small saucepan over low heat, add:

- ½ cup almond butter
- ¼ cup honey (or maple syrup)
- 1 tsp vanilla extract
- A pinch of sea salt

Stir continuously with a wooden spoon or silicone spatula.

Let it warm just until smooth, runny, and everything is melted together — about 2–3 minutes.

Do not let it boil. Remove from heat.

Step 4 – Combine everything:

In a large mixing bowl, add:

- Toasted oats
- Toasted almonds
- Raisins
- Cinnamon (if using)

Pour the warm almond butter mixture over the dry ingredients.

Use a sturdy spoon or spatula to mix thoroughly until every oat is coated and the mixture is sticky.

Step 5 – Press into pan:

Transfer the mixture into the prepared baking pan.

Use a spatula or your hands (with a piece of parchment paper on top) to press the mixture down very firmly.

The more compact, the better the bars will hold together once cooled.

Make sure the top is smooth and tightly packed into the corners.

Step 6 – Bake the bars:

Bake in the center of the oven at 160°C (320°F) for 15–20 minutes, or until the edges are slightly golden.

Do not overbake — they will continue to firm up as they cool.

Step 7 – Cool and slice:

Let the bars cool completely in the pan — at least 1 hour.

Then lift the parchment and place on a cutting board.

Use a sharp knife to slice into 10 bars or squares.

If they crumble, they may not have cooled enough or weren't pressed firmly — refrigerate for extra firmness if needed.

Optional Variations

- Replace raisins with dried cranberries or chopped dates
- Add a drizzle of dark chocolate on top after baking

- Mix in shredded coconut or chia seeds for texture
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Benefits

- Naturally gluten-free and refined sugar-free
 - Full of fiber from oats and raisins
 - Packed with healthy fats and protein from almonds and almond butter
 - Portable snack — great for energy and digestion
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Prep Time: 10 minutes

Bake Time: 15–20 minutes

Cooling Time: 60 minutes

Servings: 10 bars