



Toasted Coconut Maple Oat Bars

This Recipe Was Made *SPECIFICALLY* For Folks On The Purple Plan

Recently, my wife agreed to let me meal prep for her, to help her hit her goal weight. Hey, summer's here and all that jazz... you know how it goes. First thing I had to do was figure out snacks to send with her to work. Prior to this, 2 of her daily snacks at work, were (2) 7 point protein bars. So, 14 points. Because she's Purple, oats are 0 points. I jumped online and looked for baked oat bar recipes. The challenge was, she does NOT like crunchy bars, she wants soft, cake-like snack bars. I found a recipe on allrecipes.com, then hacked it down with ingredient swaps and tweaks. I bulked it up and used a 13x9 pan, for larger bars and more servings. My goal was to keep the first bar at 0 points. So if she only wanted to eat one that day, it'd be a 'freebie'.

Ingredients:

- 3 cups uncooked old fashioned oats (not quick oats)
- 1-1/2 cups unsweetened almond or cashew milk
- 3 Tbsp unsweetened applesauce
- 1 tsp vanilla extract
- 2 tsp maple extract
- 3 large eggs
- 1/2 cup 0 point brown sugar substitute**
- 1-1/2 Tbsp 0 point sugar substitute**
- 1/2 tsp salt
- 1 tsp ground cinnamon
- 2 tsp baking powder
- 3 Tbsp unsweetened coconut flakes
- 3 Tbsp sugar free pancake syrup**
- 2-3 tsp 0 point confectioner's sugar replacement, with a fine mesh wire strainer**

Serving Info.:

Yields: 15 bars. Approx. 2-1/2" x 2-1/4"
 Servings: 15
 Serving Size: 1 bar

Points:

	G	B	P
1 serving =	3	2	0
2 servings =	5	4	1
3 servings =	8	6	1
4 servings =	10	9	2

Directions:

- 1 Mix all the ingredients except for the last 3 together in a mixing bowl, till well combined. Set aside and let rest for 30 minutes. While oats are soaking, preheat oven to 350 degrees. Line the bottom of a 13x9 pan with parchment paper and spray the sides of the pan with cooking spray. Set aside.
- 2 Heat the coconut in a small pan over medium-low heat, till toasted. Remove from pan, set aside to cool.
- 3 After 30 minutes, pour the oat mixture into the pan and spread from edge to edge, in an even layer.
- 4 Sprinkle the toasted coconut flakes over the top of the oats, then drizzle the surface with the pancake syrup.
- 5 Bake at 350 degrees for 30 minutes. Remove from oven, use a knife to run along the inside edge of the pan to separate the baked oats from the sides of the pan. Flip the 13x9 baked oat bar onto a cutting board and remove the parchment paper. Slice into 5 even rows, by 3 rows, running down the length of the pan. Place the bars onto a raised wire rack, return to the oven, and bake for 10 additional minutes, at 350 degrees.
- 6 Remove from oven, let the bars cool to room temperature, then dust with 0 point confectioner's sugar. Done.

Notes:

- **SUGAR REPLACEMENTS:** I used Lakanto 'classic' monkfruit sugar replacement in place of regular sugar. Then, I used Lakanto 'Golden' monkfruit brown sugar replacement. There are other brands which offer 0 point brown sugar replacements, such as 'Swerve' and 'Sukrin Gold'. For 0 point confectioner's sugar, I used Truvia brand confectioner's sugar replacement. 'Swerve' also makes one.
- **SUGAR FREE SYRUP:** Different brands have different point values. Make sure to scan a bottle and use a brand that lets you use 3 Tbsp for 0 points.
- **CHEWIE BARS:** Remove the coconut from the recipe and add 3 Tbsp all purpose flour. The bars be chewier, more cake-like, and you can slice them into 12 big bars instead of 15. The first 2 will be 0 points on purple.

