

Sweet soy butter squares

These easy, tasty squares are high in fibre and protein thanks to the oats and soy butter, with a touch of sweetness from the honey. And, there are only THREE ingredients. The perfect recipe for a tasty snack or dessert even the most amateur bakers can try.

Ingredients

- 1 cup soy butter
- 3 cups old fashioned oats
- 1/2 cup honey

Directions

1. Lightly spray a 9x9 baking pan with non stick spray.
2. In a sauce pan, stir soy butter and honey together over heat until smooth.
3. Remove from heat and pour into a bowl. Stir in oats until well combined.
4. Press mixture into the baking pan, and place in refrigerator until set (roughly a couple hours). into prepared pan. Cut into squares and enjoy!

Yield: 20 squares
Prep time: 5 minutes
Cook time: 5 minutes

#TrainWithGrainsTip:
Bars will stay together and be firmer to eat the longer they stay in the fridge. Want them soft? Cool to room temperature, cut into squares, and serve.



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