



# LIQUID EGG X VITAMIX BREAKFAST BARS

*Made with wholegrain oats and chewy dates, these easy breakfast bars are perfect for a quick, tasty and healthy snack or breakfast on the go.*

Prep Time 5 minutes | Cook Time 10 minutes | Serves 8

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Non-stick cooking spray

2 cups rolled oats

1 teaspoon ground cinnamon

½ teaspoon salt

2 ½ cups (about 30) Pitted Medjool dates

½ cup vegetable oil

½ cup honey

70ml Clarence Court Simply Egg White (2 Clarence Court egg whites)

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Preheat the oven to 160C. Spray an 8x8 inch baking tin with non-stick cooking spray. Line the tin with foil so that it extends 2 inches over the sides and spray again.

Place the oats, cinnamon and salt into your Vitamix container and secure the lid. Select Variable 6 and Pulse a few times until combined.

Remove the lid and add the dates, honey, vegetable oil and the Clarence Court Simply Egg Whites. Secure the lid, remove the lid plus and insert the tamper. Select Variable 6 and Pulse until all the date mixture is broken down and evenly combined with the oat mixture.

Transfer the dough to the prepared tin and use your hands to press the mix into an even layer.

Bake for 30 – 35 minutes or until golden brown and leave to cool on a wire rack. Once cooled, use the foil to transfer to a cutting board and cut them into rectangles or squares.

The bars store well in an airtight container in the fridge for up to 2 weeks for you to enjoy!



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