



PEA SNAPS... Gwen's gluten-free Breakfast Bars

September 12th, 2012

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Getting out of bed, eating a healthy breakfast and making the lunches can be a challenge on a dark fall morning. Thanks to Gwen for providing a delicious Breakfast Bar recipe that provides complete protein, lots of fibre and many of the micronutrients that we need to get us geared up and making the most of the day. With two teenagers, it is just what I need for my family - and 100% gluten-free!



Gwen's Breakfast Bars

- 3/4 cup [Best Whole Yellow Pea Flour](#)
- 3/4 cup [Best Chickpea Flour](#)
- 1 cup gluten-free oats
- 1/4 cup brown sugar
- 2 tsp baking powder
- 1/4 tsp salt
- 1/4 cup butter
- 1/2 to 1 cup of dried fruit, nuts or [Naked Yumpeez](#) (optional)
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg

Combine the flour, oats, brown sugar, baking powder and salt. Once mixed, cut in the butter until the mixture has a coarse crumb consistency. Stir in the dried fruit and nuts. Spread onto a 9 inch round or square clay baker. Cut into bar-size pieces before baking. Sprinkle with sugar and cinnamon.

Bake for 15 to 18 minutes at 400 F. Makes approximately 12 bars.

Leane reports that her niece with celiac disease loves chicken nuggets coated in 'Best' Whole Yellow Pea Flour and fried in coconut oil. Sounds tasty!

Happy fall baking,
Margaret



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