

PUFFED BARLEY AND OAT BREAKFAST BARS WITH DO TERRA WILD ORANGE ESSENTIAL OIL

1 ¼ cups uncooked organic rolled oats
1 ½ cups puffed barley cereal
12 pitted Medjool dates
¼ cup organic almond butter
¼ cup unfiltered organic honey
2 teaspoons of olive oil
¼ teaspoon of salt
3 drops doTERRA Wild Orange essential oil

1. Preheat the oven to 350 degrees F.
2. Line bottom of 8 inch square baking pan with parchment paper, allowing the paper to extend about 3 inches over the sides.
3. Spread the oats on a rimmed baking sheet. Bake in the preheated oven until lightly toasted, 8-10 minutes, stirring halfway through. Stir together the toasted oats and barley cereal in a medium bowl.
4. Process the dates in a food processor until finely chopped and the dates begin to form a ball. Transfer to a small saucepan; add the almond butter and the next 3 ingredients. Cook over medium heat until the mixture is smooth and can be stirred easily, about 2 minutes. Add 3 drops of doTerra Wild Orange Essential Oil.
5. Pour over the oat mixture in the bowl and stir until well blended. Spoon the mixture into a the prepared pan; top with piece of plastic wrap, and press into an even layer. Freeze until firm, about 15 minutes. Using the excess parchment paper as handles, remove the mixture from the pan. Cut into 12 bars.



Recipe adapted by Shyron Bynog from Food Network's Ina Garten.