

Maple Oat Pecan Bar Cookie

Ingredients:

3 cups uncooked oatmeal
1 cup organic spelt flour
½ tsp cinnamon
½ tsp baking soda
¼ tsp salt
¾ cup pure maple syrup
½ tsp vanilla
1 egg
¾ cup pecans (chopped)
1 bag dairy free chocolate chunks

Glaze:

¼ cup water
¼ cup maple sugar
1 tbsp maple cream

Directions for combining ingredients:

Melt butter. Add syrup, vanilla, let cool slightly then add egg. In another bowl, combine oats, flour, cinnamon, baking soda and salt. Fold dry ingredients into syrup mixture. Stir until moistened. Add three quarters of both the chips and nuts. Grease 8x8 (or 9x9) pan. Place batter in pan evenly. Bake at 375 degrees for 30 minutes.

Glaze:

Bring to a rolling boil, remove from heat and add remainder of bag of chips. Whisk smooth. Let cool somewhat. Pour over cookies. Drizzle with maple cream.