

Lennie's Vegan Breakfast Squares

Gluten Free, Dairy Free, Vegan, Sugar Free

Ingredients

- 1 cup ground flax
- 1 cup oat flakes
- 1 cup almond flour
- 1 cup cooked quinoa
- ½ cup coconut, olive, or grape seed oil
- 1 egg or 2 tbsp. flax mixed with 6 tbsp. water for a flax egg (let sit for a few minutes before adding to the mixture)
- 1 teaspoon baking powder
- 1 cup water or your favorite milk substitute

Instructions:

1. Mix all the ingredients together
2. Spread into a pan approx. an inch thick
3. Cook in the oven at 375 degrees for 40 minutes
4. Let cool and cut into squares as big or as small as your like, store in the fridge or freezer for longer durations
5. Simple pop one into the toaster for breakfast each morning!

Optional Toppings:

1. Lightly fry a sliced apple in coconut oil, add cinnamon, vanilla extract if desired
2. Frozen or fresh berries (add a little honey or lemon and heat in a saucepan)
3. Almond (or other nut butter) & a little bit of honey