

Beet Oat Squares



Beets are one of the best Sunnah foods. Incorporated beets in our diet in different ways will bring tremendous health benefits. Beet oat squares is a tempting snack with intense color and flavor of wholesome beets and sweetness of Honey, both part of prophetic foods.

Prep Time+Cook Time: 40+20 minutes

Serves: 2

Meal: Dessert



Ingredients:

- 1 1/2 cup whole rolled oats
- 2 small beets
- 1/2 teaspoon baking powder
- 1/2 cup fruit juice
- 1 Egg
- 1/4 cup Honey (organic)
- 1/8 teaspoon salt
- 2 tablespoon canola oil or butter

Method:

1. Roast the beets by baking at 350F until fork tender (this may take 40-45 minutes). Peel and puree in a food processor.
2. Coarsely grind the oats in a food processor or grinder. Transfer in a large mixing bowl and combine with baking powder and salt.
3. Whip the egg with the beet puree, honey, oil and fruit juice until well combined. Stir this beet mixture in the oat mixture.
4. Line the baking pan (8x8) with parchment paper or lightly spray with oil. Spread the mixture evenly on the prepared pan. Bake at 350F for 18-20 minutes until firm to touch.
5. Let cool slightly, score and separate. Cool completely before serving.
6. Can be refrigerated in air tight container for week or 2.

Health Benefits of Beets:

Beets are powerhouse nutrients that may improve your health in the following ways: (eat a few times a week)

- Lowers Blood Pressure & Cholesterol
- Boosts Stamina & provides Energy
- Fights Inflammation, Prevent Skin Aging and Cell Damage
- Cures Anemia & Fights Fatigue
- Improves Memory & Immunity - Excellent food for pregnancy as contains Natural Folic Acid
- Detoxifies Body, Prevents Constipation & Improves Digestion

