

### **Bioflavia Oat Squares**

You will need the following:

1. 3/4 cups of all-purpose flour
2. 1/4 cup of **Bioflavia**
3. 1/2 tsp of baking soda
4. 1/4 tsp cinnamon
5. 3/4 cup butter (add a pinch of salt if using unsalted)
6. 1/2 cup of brown sugar
7. 1/2 cup of granulated sugar
8. 1 egg
9. 2 tbsp milk or water
10. 1 tsp vanilla
11. 2 cups quick-chopped oatmeal (not instant)
12. 1/2 cup of chopped nuts or raisins (optional)

Preheat oven to 325 degree. Grease one 7x11" baking pan.

Prepare dry ingredients by measuring out flours, then baking soda, and cinnamon into large bowl. Stir together with a fork until well blended. Place butter in a large bowl. Stir, preferably with a wooden spoon, until creamy. Gradually stir in brown and granulated sugar. Then add egg, milk and vanilla. Stir vigorously until well mixed. Gradually stir in flour mixture until combined. Stir in oatmeal, then raisins or nuts, if using.

Pour the batter into the baking pan and smooth out with a spatula. Bake in center of 325 degree oven for 20-40 minutes or until a toothpick comes out clean.

Remove to a rack to cool. Keeps for about a week.