

Pineapple Oat Breakfast Squares

9 servings

2 cup	Pineapple, fresh, cut into thin 1/2" pieces
2 tsp.	Arrowroot or cornstarch with 1 tbsp. water, optional
1-1/2 cup	Oats
1 cup	Flour, wholewheat pastry
3/4 tsp.	Baking powder
1/4 tsp.	Salt
1/2 tsp.	Cinnamon
1/4 tsp.	Nutmeg
3 tbsp.	Oil, macadamia nut or canola
1/4 cup + 2 T.	Pineapple juice concentrate
1/4 cup	Honey, Hawaiian
2 tbsp.	Macadamia nuts, chopped fine



1. In a saucepan, cook the pineapple on medium heat with 2 tbsp. juice concentrate for about 10 minutes or until soft. (If there is a lot of liquid make a slurry of arrowroot/water and add in, stirring until it thickens.)
 2. Blend 1/2 cup of oats in blender or food processor to create a flour-like consistency. Add to rest of dry ingredients in a large bowl and mix well.
 3. Separately, combine the oil, juice concentrate and honey. Stir well, then add to the dry mixture. Take 2 cups of this mixture and press into a non-stick or lightly oiled 8x8 pan.
 4. Top with the pineapple, covering the whole surface with the fruit.
 5. Add the macadamia nuts to the reserved oat mixture and combine. Sprinkle this evenly over the fruit and press in lightly.
 6. Bake at 350°F for 23 to 30 minutes or when brown and crisp. Cool on rack before cutting into squares.
- Fresh pineapple is lightly baked with a topping composed of oats, whole wheat pastry flour, pineapple juice, Hawaiian honey and macadamia nuts.
 - These squares are healthy enough to serve for breakfast, or as a nice energy booster snack.