Banana Oatmeal Bars

Ingredients (makes 16 bars):

- **3 large ripe bananas**
- **½ cup peanut butter**
- **2 cups rolled oats**
- **1 teaspoon cinnamon**
- **Optional: ⅓ cup chocolate chips & 1 teaspoon vanilla extract**

Instructions:

1. **Preheat the oven to 350 degrees Fahrenheit.**
2. **Spray a 9” x 9” baking pan with cooking spray (8” x 8” cake pan works too).**
3. **Mash the bananas in a bowl until smooth.**
4. **Stir in the nut butter until it is mixed well.**
5. **Mix in rolled oats and chocolate chips. Stir until everything is mixed well.**
6. **Pour the bar mixture into the prepared baking pan and smooth into an even layer.**
7. **Bake in the preheated oven for 18 to 25 minutes, or until the edges of the bars are golden-brown. Allow the bars to cool completely before slicing and serving.**
8. **Slice into 16 pieces.**
9. **Store in a container.**

Cooking Tip: You could use frozen bananas. Just thaw.

Nutrition Fact: Cooking spray helps food from sticking to the pan. It does not add lots of fat. Bananas are high in potassium, which is a mineral that helps with blood pressure control.

Substitutions:

- Substitute raisins or craisins for chocolate chips.
- Substiture sunflower or almond butter for peanut butter.

Nutrition Facts

Servings: 1 Calories: 124 Sodium: 37mg Fat: 5.7g
Saturated Fat: 1.5g Protein: 3g Sugar: 10g Carbs: 18g

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