



PEANUT BUTTER BANANA OAT BARS

INGREDIENTS

BARS

- ½ cups oats
- ½ cup almond meal/ground almonds
- ½ cup ground flaxseed
- 2 tsp cinnamon
- ½ tsp salt
- 1 tsp vanilla
- 2 bananas, mashed
- ½ cup applesauce
- ¼ cup peanut butter, natural
- 2 tbsp maple syrup/honey

DRIZZLE

- ½ cup dark chocolate chips
- 2 tbsp almond milk

DIRECTIONS

1. Mix oats, ground almonds, flaxseed, cinnamon, and salt together in a bowl.
2. Mix vanilla, bananas, applesauce, peanut butter, and maple syrup in another bowl.
3. Combine the wet ingredients into the dry and mix together very well.
4. Spread into a 9x9 baking dish and pat down. Bake at 350°F for 30 min until the sides start to brown.
5. Melt the chocolate chips into the almond milk and drizzle over the cooled snack bars. Put in fridge to set and serve with fresh fruit and crushed nuts.

