

Clean Baked Banana Nut Oatmeal Bars

Ingredients

- 1 cup mashed ripe bananas
(2 large bananas measured after mashing)
- 1 cup applesauce, unsweetened
- 1/2 cup fat-free milk
- 2 cups quick or old fashioned rolled oats
- 1/4 cup flax seed, ground
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1/3 cup dried cranberries (or other fruit)
- ½ cup chopped walnuts
- Cooking spray



Directions

1. Preheat oven to 375 degrees F, line 8 x 8 square baking dish* with parchment paper and spray with cooking spray.
2. In a large mixing bowl add oats, flax seed, and cinnamon and stir to incorporate. Add baking powder, baking soda, and salt and mix together.
3. Next, add bananas, applesauce, and milk. Stir to combine. Add cranberries and walnuts, stir enough to incorporate.
4. Pour into prepared baking dish, level with spatula. Bake for 40 minutes or until toothpick inserted in the center comes out clean.
5. Remove from the oven, let cool for 10 minutes and cut into 12 or 16 bars. Serve hot, warm, or cold with yogurt, peanut butter or whatever you like for breakfast.

Storage Instructions: Refrigerate in an airtight container for up to a week or freeze for up to 3 - 4 months.

Notes

*You could also use a non-stick muffin tin or BPA-free silicone baking cups. You can also double the recipe, bake in 9" x 13" baking dish and freeze for later. Please note: baking time will increase by about 15 minutes, depending on your oven.

Nutrition Facts (12 Servings)

150 calories
4 g protein
23 g carbohydrate
6 g fat
1 g saturated fat

Nutrition Facts (16 Servings)

113 calories
3 g protein
18 g carbohydrate
4 g fat
0 g saturated fat

Recipe modified from:

<http://ifoodreal.com/clean-baked-banana-nut-oatmeal-bars/>