



BANANA OAT BARS

Makes 18 bars.

A morning or afternoon nutritious pick up, this recipe is no fuss and refrigerator friendly. Store in a tight-fitting container with wax paper between the layers.

INGREDIENTS

- 2 large ripe bananas
- 2 tablespoons maple syrup
- 4 tablespoons olive oil
- ½ teaspoon ground cinnamon
- 7 ounces whole rolled oats, 2½ cups
- ½ cup walnuts, toasted, coarsely chopped

PREPARATION

1. Preheat the oven to 350F.
2. Line a 9x9 pan with parchment paper extending the paper over the rim to make it easier to lift.
3. In a large bowl, mash the bananas with a fork into a rough paste. Add the maple syrup, olive oil, cinnamon, oats, and walnuts. Use a wooden spoon to combine well.
4. Spread in the pan, smooth the top and press down tightly with your hands.
5. Bake for 20 minutes, the top will be firm to the touch. Lift the paper and use a serrated knife to slice into 1x3 inch bars while still warm.
6. Place on a wire rack to cool completely.