



## Banana Oat Bars

### Ingredients (Makes 20 bars. Prep time: 35 minutes.)

|                            |                                    |
|----------------------------|------------------------------------|
| ¼ cup butter               | 1 cup whole rolled oats            |
| ½ cup brown sugar          | ¼ cup all-purpose flour            |
| ½ cup white sugar          | 2 teaspoons baking powder          |
| 1 egg, beaten              | 1 cup semisweet chocolate chips    |
| 1 teaspoon vanilla extract | ½ cup chopped pecans<br>(optional) |
| 1 ½ cups bananas, mashed   |                                    |

### Preparation

Preheat the oven to 350°F. Grease and flour a 9×13-inch baking pan.

In a large bowl, cream the butter and white and brown sugars. Beat in the egg and vanilla extract. Fold in the mashed banana.

In a small bowl, mix together the flour and baking powder, then fold that into the wet mixture. Stir in the chocolate chips.

Spread into the prepared pan and bake 25 minutes, until set. Cool before cutting into squares.

## Banana Oat Bars

### Ingredient checklist

#### PRODUCE

- Bananas

#### BULK

- ½ cup brown sugar
- ½ cup white sugar
- 1 cup whole rolled oats
- 1 cup semisweet chocolate chips
- 2 teaspoons baking powder
- ¾ cup all-purpose flour
- ½ cup chopped pecans

#### REFRIGERATED/FROZEN

- ¼ cup butter
- 1 egg

### Serving suggestion

These oat bars are delicious when served with a fruit smoothie, vanilla yogurt, bananas, coffee or Chai tea, and make a nice midday snack or sweet breakfast option.

### Nutritional information per serving

|                   |                   |
|-------------------|-------------------|
| 354 calories      | 45 g carbohydrate |
| 19 g fat          | 2 g fiber         |
| 61 mg cholesterol | 3 g protein       |
| 240 mg sodium     |                   |

*The nutritional values and information provided are approximations.*