

Healthy Bars

BANANA-OAT BARS



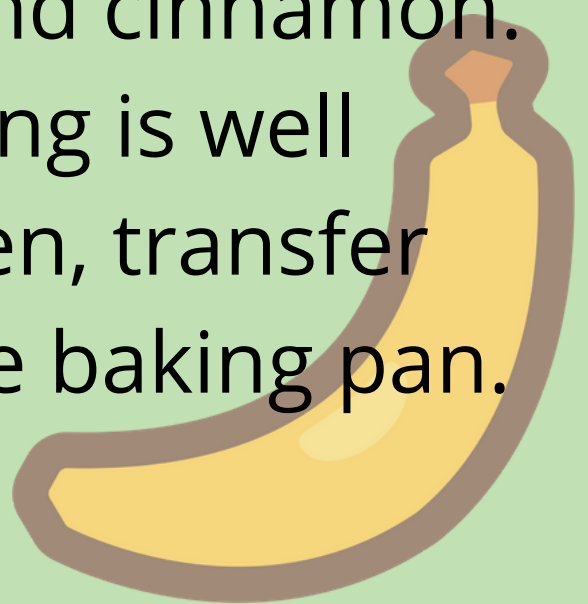
INGREDIENTS

- 3 cups rolled / quick oats use gluten-free if needed
- ½ cup natural smooth peanut butter
- 4 medium ripe bananas about 400g
- 1tbsp.flax seeds
- 1tsp.ground cinnamon



INSTRUCTIONS

- Preheat oven to 180c / 360f .
Line a 8x8 square baking pan.
- Using a fork or a mixer, mash the bananas until smooth.
- In a mixing bowl, combine the mashed bananas, the peanut butter and flax seeds. Mix well.
- Add in the oats and cinnamon. Mix until everything is well incorporated. Then, transfer the mixture to the baking pan.



INSTRUCTIONS

- Using the back of a spoon or spatula, gently press down the mixture so that it is evenly distributed throughout the pan.
- Bake it in the oven for 20-25 minutes.
- Remove it from the oven and let it cool down completely before slicing.
- Optionally, drizzle it with extra peanut butter before serving !

