



Banana Oat Nut Bar

INGREDIENTS

3 large ripe bananas

¼ cup slivered almonds

2 cups rolled oats

1 teaspoon vanilla extract

1 cup almond butter

1 teaspoon cinnamon

DIRECTIONS

Pre-heat oven to 350 F. Place bananas in a large bowl and mash with the back of a fork. Add oats, almond butter, almonds, vanilla and cinnamon. Stir until all are well combined into a thick batter. Transfer onto parchment lined baking sheet and pat down until it's pushed into the corners, along the sides and even on top. Bake for 25-30 minutes or until lightly browned on top and set through. Cool completely. Slice into 16 bars. 160 calories per bar.