Strawberry Banana Oat Bars

Serves 9-12

**Ingredients:**

**-2 bananas, medium-sized ripe (mashed)**

**-3/4 cup strawberry jam (can use sugar-free)**

**-1/4 cup maple syrup (can use sugar-free)**

**-2 cups rolled oats, divided**

**-1 tsp baking powder**

**-1 tsp vanilla extract**

**Directions:**

1. **Preheat oven to 375° F**
2. **Place 1 cup of oats in a blender or food processor and blend until flour consistency.**
3. **Mix oat flour, rolled oats and baking powder.**
4. **Add mashed bananas, maple syrup and vanilla extract and stir.**
5. **Place mixture in a 9x9 baking pan, and top with strawberry jam. Leave a 1 inch perimeter to prevent the jam from burning.**
6. **Bake for 30 minutes. Allow to cool before cutting into squares.**