

INGREDIENTS

2 Bananas
2 cups Rolled Oats
 $\frac{3}{4}$ cup Strawberry Jam
1 teaspoon Baking Powder
 $\frac{1}{4}$ cup Sugar-Free Maple Flavored Syrup
1 teaspoon Vanilla Extract

NUTRITION INFORMATION PER SERVING

Calories 148kcal	Sodium 24mg
Carbs 32g	Fiber 3.1g
Protein 2.49g	Added Sugar 0g
Total Fat 1.2g	Fruits 0.17 servings
Saturated Fat 0.21g	Vegetables 0 servings

Strawberry Banana Oat Bars

🕒 5 MINS | 🍴 12 SERVINGS

🔄 To modify servings, view nutrition information and more, go to eatlove.is

Method

- 1- Pre-heat oven to 375 degrees 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 into a 9x9 baking pan, and top with strawberry jam. Leave 1 inch perimeter to prevent the jam from browning.
- 6- Bake for 30 minutes. Allow to cool before cutting into squares.

