

Banana Blueberry Oat Bars

Makes 9 Servings



2 bananas mashed
2 large eggs
1 cup milk
3 tablespoons maple syrup
1 teaspoon vanilla extract

2 1/4 cups rolled oats
1 teaspoon baking powder
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 cup blueberries

Preheat the oven to 350°F. Line an 8-inch by 8-inch baking dish with parchment paper.

In a large bowl mash your bananas. Mix in eggs, milk, maple syrup, vanilla extract, rolled oats, baking powder, ground cinnamon, salt, and blueberries.

Pour the batter into the baking dish. Bake in the oven for 30-35 minutes or until golden on all sides.

Allow to cool in the pan for 5-10 minutes. Remove from the baking dish and cool completely on a wire rack.

Cut into bars.

Serve