the center
For Naturopathic Medicine & Functional Nutrition



Oatmeal Banana Breakfast Bars

Prep time	Total time	Meal type	Servings
15 minutes	40 minutes	Breakfast, Snack, Side	10

Ingredients

- 2 bananas, *small*
- 1/2 cup almond butter, *or other nut/seed butter*
- 2 eggs
- 1 tsp vanilla extract
- 2 Tbs coconut oil, *melted*
- 3 Tbs maple syrup
- 1 1/2 cup oats, quick-cook, *gluten-free if necessary*
- 1/2 cup almond flour
- 1/2 cup coconut flour
- 1/4 cup flax meal
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 cup dark chocolate chips

Directions

Prep

1. Peel and chop bananas.
2. Preheat oven to 350°F and line baking sheet with parchment paper.

Make

1. Add bananas, almond butter, eggs, vanilla extract, coconut oil, and maple syrup to a blender or food processor and process until smooth.
2. In a mixing bowl, whisk together oats, flours, flax meal, baking powder, and baking soda. Make a well in the middle and add wet ingredients.
3. Stir until just combined then stir in chips.
4. Using an ice cream scoop or 1/4 cup measuring cup, place batter on parchment-line baking sheet and shape into bars [or any shape you would like].
5. Bake for 15-18 minutes or until edges are brown.
6. Cool on wire rack. Wrap and freeze leftovers

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **237**

	% Daily Value*
Total Fat 13g	**17%**
Saturated Fat 4g	**19%**
Trans Fat 0g	
Cholesterol 33mg	**11%**
Sodium 100mg	**4%**
Total Carbohydrates 24g	**9%**
Dietary Fiber 5g	**19%**
Total Sugars 8g	
Protein 8g	
Vitamin D N/A	0%
Calcium 87mg	7%
Iron 7mg	39%

Source Living Plate

Notes

Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each 'NA' indicates a missing or incomplete value.
Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only