

Oatmeal Banana Breakfast Bars

Prep Time 15 mins
 Total Time 40 mins
 Meal Type Breakfast, Snack, Side
 Contributed By



Source [Living Plate Teaching Kitchen](#)

Servings 10



Ingredients

lb,c g,ml

- 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

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" 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.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	237	Total Fat 13.3g	20%	Total Carbohydrates 24g	8%
		Saturated Fat 3.7g	18%	Dietary Fiber 5g	20%
		Trans Fat 0.0g		Total Sugars 8g	
		Cholesterol 33mg	10%	Protein 8g	
		Sodium 100mg	4%		
Vitamin D 0mcg 1% · Calcium 87mg 8% · Iron 7mg 38% · Potassium 380mg 8%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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