

Zucchini Bread Recipes

Banana Oatmeal Bars – Energizing Healthy Snack

15 min Prep time	**20 min** Cook time	**35 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Base

- [ ] 3 ripe bananas, mashed
- [ ] 2 cups rolled oats
- [ ] 1/4 cup honey
- [ ] 2 tbsp melted butter or coconut oil
- [ ] 1 tsp vanilla extract
- [ ] 1/2 tsp ground cinnamon
- [ ] 1 tbsp lemon juice
- [ ] 1/4 tsp salt

Optional Add-ins

- [ ] 1/4 cup chopped walnuts or almonds
- [ ] 1/4 cup dark chocolate chips

Instructions

1. Preheat the oven to 350°F (175°C) and line an 8×8-inch pan with parchment paper.



2. In a large bowl, mash the bananas until smooth, then stir in honey, melted butter, vanilla, lemon juice, cinnamon, and salt.



3. Fold in the rolled oats until evenly coated; if using, add nuts or chocolate chips now.



4. Press the mixture firmly into the prepared pan, smoothing the top with a spatula.



5 Bake for 20-22 minutes, or until the edges turn golden and a toothpick inserted near the center comes out clean.



6 Allow the bars to cool completely in the pan before lifting them out using the parchment and cutting into 12 squares.



Nutrition per serving

180 kcal	4 g	30 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If bananas are very ripe, you may need slightly less honey.
- For extra nuttiness, toast the oats for 5 minutes before mixing.
- A pinch of sea salt can elevate the sweetness.