

# Peanut Butter Banana Oat Bars

Makes 9 bars  
Prep time: 5 minutes  
Cook time: 20 minutes



## INGREDIENTS

- 3 small ripe bananas
- 1 cup rolled oats
- 1/2 cup peanut butter
- 3 TBS maple syrup
- 1 egg
- 1/2 tsp baking soda
- 1 tsp vanilla
- 1 tsp cinnamon
- 1/4 cup chocolate chips

## DIRECTIONS

1. Pre-heat oven to 375°.
2. Line a 9x9 or 8x8 baking sheet with parchment paper or spray with baking oil spray.
3. Mash bananas in a medium size bowl.
4. Add oats, peanut butter, maple syrup and egg to bowl and mix well.
5. Add remaining ingredients and stir until combined.
6. Pour into the baking sheet.
7. Bake in the oven for 20 minutes.
8. Let cool then cut and serve.



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