

# Peanut Butter Banana Oat Bars

## Ingredients:

1 ½ cups rolled oats (or gluten-free alternative)

1 cup pitted medjool dates\*

½ cup roasted peanuts

½ cup roasted almonds

⅓ cup banana chips

½ banana (mashed)

2 Tbls. natural peanut butter

2 Tbls. honey

\*If dates are dried, rehydrate them in warm water for 20 minutes.



## Directions:

Preheat oven to 350°. Spread oats evenly on a baking sheet and toast them in the oven for 10 minutes until golden.

Chop nuts and banana chips and set aside.

In a food processor, blend dates until they reach a caramel texture.

Mix dates, oats, nuts and banana chips together in a large bowl until well combined.

In a separate bowl, microwave peanut butter, honey and banana for one minute. Stir together and add to oat mixture. Mix until combined.

Line a 9x9 pan with parchment paper or plastic wrap. Press oat mixture into the bottom of the pan, creating an even layer.

Refrigerate for 20 minutes.

Cut into bars and store in an airtight container in the refrigerator for up to one week.

Yields: 10 bars

Calories per serving: 175 per bar

Fat per serving: 5.5 g

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