

Yummy Banana Oat Bars

Joel Fuhrman Recipe pg 224

Cook time: 30 min

Yield: 8 servings

Calories per serving: 154

Ingredients:

2 ripe bananas

1/2 cup unsweetened applesauce or pureed apples

1/2 cup chopped dates raisins, cherries or other dried fruit

1/4 cup chopped walnuts

1/2 cup flaked coconut

2 cups quick-cooking oatmeal (not instant)

1 tablespoon baking cocoa (optional)

1 teaspoon rum extract or other flavoring (optional)



Directions:

Preheat oven to 350 degrees

Puree bananas and applesauce in food processor.

Mix all ingredients in a large bowl until well combined.

Press into an ungreased 9x9 baking pan and bake for 30 minutes.

Cool on a wire rack. When cool, cut into squares or bars.