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## **Grandma's Healthy Banana-Oat Bars**

### Ingredients:

- 2 ½ cups whole grain old fashioned oats
- 3 large, ripe bananas, mashed
- ¾ cup shredded unsweetened coconut
- 1 cup raisins or chopped dates (or ½ cup each)
- 1 cup of unsweetened applesauce

Preheat the oven to 350 degrees.

1. Mash the bananas in a large bowl using a potato masher.
2. Add chopped dates/raisins and mash into bananas.
3. Add coconut and applesauce and mix well.
4. Add oats and mix until well combined.
5. Press into a 9x9-inch baking pan (I use the back of a spatula to firmly press the mixture into the pan).
6. Bake for 30 minutes or until the top is light brown.
7. Cut into bite size bars.
8. Bars will last 3-4 days in the refrigerator.
9. Eat cold out of the fridge or place in the microwave for a warmer oatmeal bite.

Great snacks for breakfast, lunch or after dinner!!

**Note:** For sweeter bars, drizzle honey or maple syrup over each bar before eating. You can also warm up a couple bars the next day in the microwave or toaster oven.

The most important thing to remember in any recipe is keeping the ingredients as whole and unprocessed as possible.

**ENJOY AND FEEL THE HEALTH!!!**