

PEANUT BUTTER BANANA PROTEIN BARS

INGREDIENTS

- 2/3 cup uncooked quick-cook oats
- 1/3 cup buckwheat flour
- 1/4 cup ground chia seeds
- 1/4 cup chopped walnuts
- 1/2 tsp ground cinnamon
- 2 medium bananas, mashed
- 1/4 cup creamy low-sodium peanut butter
- 15 drops chocolate-flavored liquid stevia sweetener
- 2 tsp stevia sweetener OR 4 stevia sweetener packets

DIRECTIONS

1. Preheat oven to 350°F. Lightly spray a 13x9x2-inch baking pan with cooking spray.
2. In a small bowl, stir together the oats, flour, chia seeds, walnuts and cinnamon.
3. In a medium bowl, stir together the banana, peanut butter, chocolate-flavored liquid stevia sweetener, and stevia sweetener. Pour flour mixture into the bowl, stirring until mixture is just moistened but no flour is visible.
4. Spread mixture into baking pan.
5. Bake for 12 to 17 minutes, or until a toothpick inserted in the center comes out clean.
6. Cool for 20 to 30 minutes before cutting into 6 bars.



Recipe courtesy of American Heart Association

Serves: 6

Nutrition Information: Calories: 220; Total fat: 11.5g; Saturated fat: 1.5g; Cholesterol: 0mg; Sodium: 24mg; Total carbohydrate: 25g; Dietary fiber: 6g; Protein: 7g.