

# 3 INGREDIENTS PEANUT BUTTER BANANA BARS



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4 medium bananas

2 cups oats, dry

6 tablespoon peanut butter, all-natural

Toppings:

$\frac{1}{2}$  cup walnuts, chopped

$\frac{1}{2}$  cup chocolate chips, dark

Preheat oven to 180°C and grease a 9×13 inch glass dish. (I just used my fingers to spread unrefined coconut oil all over the bottom and sides and the bars came out beautifully.)

Mash the bananas and mix together with oats and peanut butter. Spread the dough evenly in the prepared dish, then sprinkle with walnuts and chocolate chips.

Bake for 18-20 minutes or until an inserted toothpick comes out clean. Cut into bars and enjoy!

Because bananas vary in size, you may need to adjust the amount of oats; the batter should be like a wet cookie dough. Store leftover bars in an airtight container in the refrigerator, or freeze them and thaw in the fridge before eating.

Photo: Kristie Townsend