

Homemade Energy Bars

INGREDIENTS

- 2 small ripe bananas (about 1 cup)
- 1 cup unsalted sunflower seeds
- 1 tsp ground cinnamon
- 1 cup rolled oats
- ¼ cup unsweetened shredded coconut
- ½ cup dried raisins, apricots, dates or a combination

DIRECTIONS

Preheat oven to 350°F. Line 9"x13" baking dish with parchment paper. In large bowl, mash bananas until smooth; add sunflower seeds, cinnamon, oats, coconut and dried fruit. Stir until thoroughly combined. Spoon mixture into prepared baking dish. Press down until mixture is compact and even. Bake 25-30 minutes until firm and lightly golden along the edge. Let cool and slice into bars.



Makes 16 servings. Each:
86 calories • 2.5g protein •
5g fat • 9g carb • 4g fiber •
1mg sodium