Banana Oat Bars

Ingredients:

- Cooking spray
- 2 bananas, mashed (ripe)
- 1 cup unsweetened applesauce
- ½ cup skim milk
- 2 cups oats (quick cooking or old fashioned)
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp cinnamon
- ¼ tsp salt
- 1/3 cup pitted dates, chopped (or other dried fruit of choice)
- Chocolate chips and nuts optional

Directions:

1. Preheat oven to 375 F. Spray 8x8 baking dish with cooking spray.
2. Mash bananas and combine with applesauce and milk. Stir to combine.
3. Add oats, baking powder, baking soda, cinnamon, and salt. Stir to combine.
4. Add dates and other add-ins you prefer. Stir to combine.
5. Pour batter into 8x8 baking dish and level the mixture. Add chocolate chips on top if desired.
6. Bake for about 40 minutes or until a toothpick comes out clean when inserted into the center.
7. Serve immediately or refrigerate for 1 week or freeze for 3-4 months.

Nutrition Facts: Without nuts or chocolate chips: 140 calories, 30g carbohydrate, 3g dietary fiber, 2g total fat, 0g saturated fat, 3g protein, 156mg sodium, 201mg potassium, 10% Vitamin C, 5% Calcium, 6% Iron

Nutrition Facts: With ½ cup nuts and ½ cup chocolate chips: 245 calories, 40g carbohydrate, 8g total fat, 5g protein, 156mg sodium