

# CHEWY BANANA BARS



These super simple banana bars make a hearty afternoon snack or sweet treat after dinner. They're delicious, soft and sweet. Made with just fruit, oats & nut or seed butter, they have three of the five food groups! Mini chocolate chips add flavor to each bite without having to use very many!

*Recipe adapted from SuperHealthyKids.com*



## *Delicious & Nutritious*

The best snacks have foods from 2 or more food groups and these have 3! Combining food groups helps you get a variety of nutrients & keeps you full longer. Bananas are a good source of fiber & potassium & a very good source of vitamins B-6 and C. The oats are heart-healthy whole grains that add texture & fiber. Peanut or sunflower seed butter gives you a punch of protein, heart-healthy fats & vitamin E!

### *To quickly ripen:*

If you find yourself wanting to make this recipe with under-ripe bananas, you can speed up the process by putting them in a paper bag for a day with a ripe apple. In a pinch, though they aren't quite as sweet, you can brown them (skins on) on a cookie sheet in a 350°F oven for 7-10 minutes til the skin starts to turn black and shiny.

## *Ingredients*

- 4 ripe bananas
- 2 cups old-fashioned oats
- 6 Tbsp nut or seed butter
- 1/3 cup mini chocolate chips
- Cooking Spray

## *Directions*

1. Your first step is always wash your hands with warm water and soap. Remember to scrub for 20 seconds!
2. Preheat oven to 350°F and spray a 9x13 pan with cooking spray.
3. In a large bowl, mash your bananas. Add oats and nut or seed butter and mix well.
4. Spread the mixture evenly in the pan. Sprinkle with chocolate chips.
5. Bake for 18-20 minutes or until a toothpick comes out clean. They will look set, but they will not get crunchy or brown very much. The texture remains soft and chewy! Be careful not to put the toothpick into a chocolate chip or it will always look gooey!
6. Let cool before cutting and enjoying. Store covered in the fridge. They taste great cold!

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