

Banana Berry Oatmeal Bars



INGREDIENTS:

- 1 cup dates, pitted and halved
- 1½ cups apple juice
- 3 cups rolled oats, divided
- ¾ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 ½ tablespoons baking powder
- 1 large or 2 small ripe bananas
- 1 teaspoon vanilla extract
- 1 cup fresh berries (frozen also works)
- ½ cup walnuts

INSTRUCTIONS:

- In a small bowl, soak the dates in the apple juice for 10 to 15 minutes. Preheat the oven to 375°F. Line a 9x9-inch baking pan with parchment paper, making sure the sides are covered. Cut slits in the corners of the paper so that it overlaps and lies flat.
- In a medium bowl, combine 2 cups of the rolled oats with the cinnamon, nutmeg, and baking powder. Mix and set aside.

- Place the remaining 1 cup of rolled oats, the bananas, and the vanilla extract into a blender. Remove the dates from the apple juice and set aside. Strain the juice, add it to the blender, and blend until creamy.
- Add the dates to the blender, and pulse a few times until the dates are in small pieces.
- Pour the banana mixture into the dry ingredient bowl. Mix well. Stir in the berries and walnuts.
- Using a spatula, pour the batter into the baking pan. Bake for 30 to 35 minutes, or until a toothpick inserted into the center comes out clean.
- Cool at room temperature for 5 to 10 minutes before cutting and serving.

Nutrition Facts

Servings 12.0

Amount Per Serving	
calories 136	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 101 mg	3 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 2 g	6 %
Sugars 6 g	
Protein 2 g	4 %
Vitamin A	0 %
Vitamin C	2 %
Calcium	5 %
Iron	3 %

Recipe from: <https://www.forksoverknives.com/recipes/vegan-breakfast/banana-blueberry-bars/>