Banana Breakfast Bars

Makes 12 bars

**Serving Size:** 1 bar

**Ingredients**

- 2 Medium Bananas (preferably a little spotted and a little past their prime)
- ¼ Cup Coconut Oil (plus more for greasing)
- ¼ Cup Brown Sugar, packed
- 1 Large Egg
- ½ Cup Whole Wheat Flour
- ½ Cup Old Fashioned Oats
- 1 tsp Vanilla
- ½ tsp Salt
- ½ tsp Baking Soda

**Directions**

1. Preheat over to 350 degrees F. Grease an 8 x 8 baking pan with Coconut Oil.
2. Place Banana in a large bowl and mash them until only small chunks remain. Stir in Coconut Oil and Brown Sugar. Add Egg, Vanilla and Salt and stir until combined. Stir in Baking Soda. Add Flour and Oats and stir until mixed.
3. Spread in prepared pan.
4. Bake for 18-22 minutes, until edges are brown, and center is firm.
5. Cool completely.
6. Cut into 12 bars.
7. Enjoy within 2 days or freeze for up to one month.

**Each serving contains:**

- Protein: 0
- Carb: 1
- Vegetable: 0
- Fat: 0