

# Almond Butter Banana Bars



## Cooking Time

25 minutes

## Yields

9 servings

## Ingredients

2 C steel cut oats  
4 scoops [Vanilla Complete Protein Powder](#) (1 C)  
1/4 C oat flour  
1 tbsp flax or chia seed, ground  
1 C sprouted almond butter  
1/4 C honey  
2 ripe bananas  
1/2 C Applesauce  
1 tsp Vanilla Extract

## Directions

1. Preheat oven to 350 degrees F
2. Grease 8 x 8 pan with coconut oil
3. Mix the oats, whey, oat flour, and flax seed. Once combined, add almond butter, applesauce, vanilla and honey
4. Mash the bananas into the mixture and combine.
5. Spread batter into pan and bake about 15 minutes

## Credit

Recipe modified from DrAxe.com. Picture courtesy of DrAxe.com