

Banana Booty Bars

*** recipe from pattycakes.com**

** Gluten free, dairy free, egg free, sugar free (without options)*

Combine in blender or mash and mix by hand:

2 Tbsp. flax seeds (grind in blender first), or 3 Tbsp. pre-ground flax

3 lrg. ripe bananas

¼-1/3 cup melted coconut oil

¼ cup unsweetened apple juice, or white grape juice (or maple syrup/ agave syrup)

2-4 tsp. vanilla

Combine Separately:

2 cup rolled oats

¼ tsp. salt

2 tsp. cinnamon

*1/8 tsp. nutmeg

Mix wet ingredients to the dry. Then add:

½ cup walnuts, chopped

½ cup dates, chopped

*1 tsp. fresh grated orange or lemon zest

*2 oz. dark chocolate, chopped, OR 1/3 cup dark chocolate chips (*optional)

Let batter sit for 10 minutes or longer.

Grease a medium- sized pan and press mixture in. Bake in preheated oven at 350 for about 40 minutes. Cool at least 10 minutes before cutting.

Store in fridge.

Benefits:

- A source of Omega- 3 essential fatty acids which aids immune system and cardiovascular health.
- Coconut oil is being touted as a “superfood” for all its many health benefits: hair, skin, and dental care, stress relief, maintaining cholesterol levels, weight loss, increased immunity, proper digestion and metabolism, relief from kidney problems, heart diseases, high blood pressure, diabetes, HIV and cancer, and bone strength.
- Provides fibre to aid waste and cholesterol removal.
- Cinnamon stabilizes blood sugar balance, aids digestion and has antibacterial and antimicrobial properties.
- Good for people on different types of allergenic diets.