

Strawberry Banana Granola Bars

Prep Time: 10 min

Makes: 10 granola bars

Store them in the refrigerator to maintain a firm texture and prevent them from browning.

Ingredients:

1 teaspoon coconut oil, melted

½ c mashed banana (about one 8" banana)

1/3 c skim milk

1 tablespoon honey

2 ½ c old-fashioned oats (gluten-free, if necessary)

1 c frozen unsweetened strawberries, thawed slightly and diced



Directions:

1. Preheat the oven to 300°F, and lightly coat an 8"-square baking pan with nonstick cooking spray.
2. In a large bowl, mix together the coconut oil, mashed banana, milk, and honey. Stir in the oats until thoroughly coated. Gently fold in the diced strawberries. Press the mixture into the prepared pan, and bake at 300°F for 15-19 minutes. Cool completely to room temperature in the pan before slicing into bars. Cover the bars with plastic wrap, and store in the refrigerator until ready to serve.

Nutrition Information:

Amount: 1 bar	Total Carbohydrate	Vitamin D
Calories: 105	21 g	0 mcg
Total Fat: 12.6 g	Dietary Fiber	Calcium
Saturated Fat	3 g	30 mg
2 g	Total Sugars	Iron
Cholesterol	5 g	1 mg
0 mg	Added Sugars included	Potassium
Sodium	2 g	166 mg
7 mg	Protein	N/A - data is not available
	3 g	

Source:

<http://amyshealthybaking.com/blog/2014/01/20/strawberry-banana-granola-bars/>