

BANANA CHOCOLATE OAT BARS



This week's recipe of the week has been shared by Janine Whitling of [Living Food Wise](#), chewy Banana Chocolate Oat Bars. They are perfect for breakfast or a snack on the go, ideal for lunch boxes or snacks to take to work.

Serves: 16 bars

Prep Time: 15 minutes

Cooking Time: 20-30 minutes

INGREDIENTS

1 medium *banana*, ripened and mashed

1/2 cup *almond butter*

2 Tbs pure *organic honey*

2 Tbs melted *coconut oil*

1 *egg*

1 tsp *vanilla*

1 cup *organic uncontaminated rolled oats*

1/2 tsp *baking powder*

1/2 tsp *baking soda*

1/2 cup *vegan chocolate chips*

1/2 cup *raisins or sultanas*

INSTRUCTIONS

Preheat oven to 180 degrees C.

Line an 8 or 9-inch square baking pan with baking paper and set aside.

Mash the banana in a large bowl.

Add the remaining wet ingredients.

Whisk until well incorporated.

Add the dry ingredients and using a rubber spatula, stir and fold until well incorporated.

Fold in chocolate chips and raisins.

Pour the mixture into the prepared pan. Using the rubber spatula or your hands, smooth into an even layer.

Bake for 15-20 minutes, or until golden. Mine took 15 minutes.

Cool for about 1 hour.

Slice into bars and store in an airtight container, preferably refrigerated for longer life.

Dairy-free