

Plate Dream

Banana Oatmeal Bars – Energizing Healthy Snack

15 min Prep time	**20 min** Cook time	**35 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 3 ripe bananas, mashed
- [ ] 2 cups rolled oats
- [ ] 1/4 cup honey or maple syrup
- [ ] 2 tbsp melted coconut oil
- [ ] 1 tsp ground cinnamon
- [ ] 1 tbsp lemon juice
- [ ] 1/4 tsp salt
- [ ] 1/4 cup chopped walnuts (optional)
- [ ] 1/4 cup dried cranberries (optional)

Instructions

1. Preheat your oven to 350°F (175°C) and line an 8×8-inch pan with parchment paper.
2. In a large bowl, mash the bananas until smooth, then stir in honey, melted coconut oil, lemon juice, cinnamon, and salt.
3. Add the rolled oats and fold gently; if you like extra texture, sprinkle in walnuts and dried cranberries now.
4. Press the mixture firmly into the prepared pan, smoothing the top with the back of a spoon.
5. Bake for 18-20 minutes, until the edges turn golden and a light scent fills the kitchen. Let cool completely before slicing.

Nutrition per serving

210 kcal	5 g	32 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the batter feels too wet, add a handful more oats.
- For a tropical twist, fold in shredded coconut.
- Pressing the bars tightly helps them hold together when cut.