

Banana Oat Bars



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



36

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup bananas mashed
- ☐ 2 egg whites
- ☐ 1 teaspoon ground cinnamon
- ☐ 1.3 cups cooking oats quick
- ☐ 0.5 cup raisins
- ☐ 0.3 cup skim milk

- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white

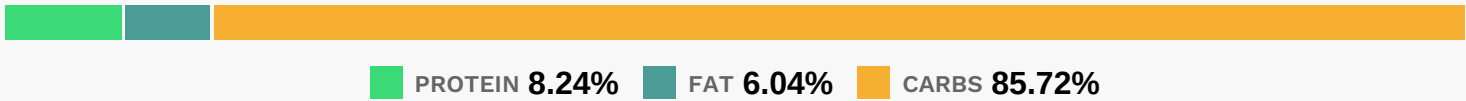
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix together dry ingredients. In a separate bowl mix together bananas, egg whites, milk and vanilla. Beat all together.
- ☐ Bake in a 9 x 13 inch pan which has been sprayed with non-stick spray for about 35 minutes. Cool and cut into bars. You may sprinkle with cinnamon and sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:10.53, Glycemic Load:4.71, Inflammation Score:-1, Nutrition Score:1.3860869540469%

Flavonoids

Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 35.38kcal (1.77%), Fat: 0.25g (0.39%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 8.04g (2.68%), Net Carbohydrates: 7.42g (2.7%), Sugar: 3.69g (4.1%), Cholesterol: 0.05mg (0.02%), Sodium: 42.98mg (1.87%), Alcohol: 0.04g (100%), Alcohol %: 0.27% (100%), Protein: 0.77g (1.55%), Manganese: 0.16mg (8.09%), Magnesium: 10.89mg (2.72%), Fiber: 0.61g (2.45%), Phosphorus: 23.62mg (2.36%), Selenium: 1.48µg (2.12%), Calcium: 18.3mg (1.83%), Potassium: 55.8mg (1.59%), Vitamin B6: 0.03mg (1.55%), Vitamin B1: 0.02mg (1.43%), Iron: 0.24mg (1.33%), Vitamin B2: 0.02mg (1.3%), Copper: 0.02mg (1.15%)