



Super Banana Oat Bars



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



9

CALORIES



148 kcal

SIDE DISH

Ingredients



1.3 cups oats gluten-free quick (certified , if needed)



0.3 cup agave nectar



2 tablespoons coconut oil melted softened (or baking oil)



1 teaspoon vanilla extract



0.3 cup flour gluten-free (your choice of flour; I ground more oats in my spice grinder to a flour consistency)



0.5 teaspoon baking soda



0.3 teaspoon salt



1 ener-g egg replacer room temperature (brought to if using coconut oil)

- ☐ 1 cup banana ripe mashed (3 small or 2 large)
- ☐ 0.5 cup coconut or shredded unsweetened

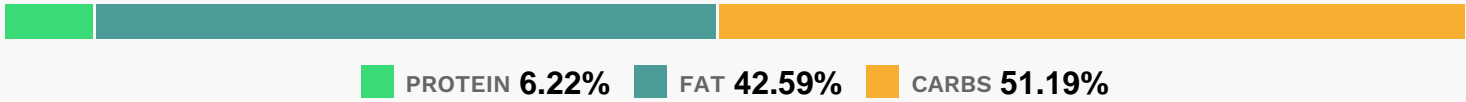
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat your oven to 350°F and grease an 8 x 8 baking dish.
- ☐ In a medium mixing bowl, combine the oats, agave or honey, oil, and vanilla. Briefly set aside.
- ☐ In a small bowl, combine the flour, baking soda, and salt. Briefly set aside.
- ☐ Returning to your mixing bowl, stir in the egg, banana, and coconut, until everything is well combined. Stir in the reserved flour mixture (since I was using oat flour without gluten, I wasn't worried about over-mixing. Be careful not to overmix if you are using a wheat-based flour).
- ☐ The batter will be a little thick.
- ☐ Spread it evenly in your greased baking dish, and pop it in the oven for 25 to 30 minutes, or until a toothpick inserted in the center comes out clean.
- ☐ Let cool completely before cutting. Can be stored in the fridge if you like 'em chilled (I do).

Nutrition Facts



Properties

Glycemic Index:17.42, Glycemic Load:6.85, Inflammation Score:-2, Nutrition Score:4.8000000384839%

Flavonoids

Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 148.38kcal (7.42%), Fat: 7.39g (11.36%), Saturated Fat: 5.67g (35.42%), Carbohydrates: 19.98g (6.66%), Net Carbohydrates: 17.29g (6.29%), Sugar: 6.9g (7.66%), Cholesterol: 0mg (0%), Sodium: 128.24mg (5.58%), Alcohol: 0.15g (100%), Alcohol %: 0.41% (100%), Protein: 2.43g (4.85%), Manganese: 0.67mg (33.63%), Fiber: 2.69g (10.75%), Magnesium: 39.67mg (9.92%), Selenium: 5.06µg (7.22%), Phosphorus: 65.97mg (6.6%), Vitamin B6: 0.1mg (5.12%), Vitamin B1: 0.08mg (5.11%), Copper: 0.1mg (4.84%), Iron: 0.87mg (4.81%), Potassium: 128.95mg (3.68%), Zinc: 0.49mg (3.27%), Vitamin C: 2.57mg (3.11%), Vitamin B2: 0.04mg (2.43%), Folate: 9.24µg (2.31%), Vitamin B5: 0.18mg (1.77%), Vitamin K: 1.85µg (1.76%), Vitamin B3: 0.28mg (1.39%), Calcium: 12.65mg (1.26%), Vitamin E: 0.18mg (1.21%)