



BANANA OATMEAL COOKIE BARS

Ingredients:

2 ripe bananas
1/2 cup finely chopped dates
1 1/2 cups quick cooking oats
1/2 cup ground walnuts
1/2 cup unsweetened apple sauce

Instructions:

Mash bananas in a bowl

Add remaining ingredients & stir until blended

Using a small ice cream scoop, scoop onto a parchment lined baking sheet

Bake at 350F until golden brown for approximately 30 minutes

For a delicious twist, add chocolate chips or raisins.

Makes 12 cookies

Enjoy!