

:: BLUEBERRY BANANA BREAD BARS ::



A berry good no sugar, fruit-sweetened dessert, breakfast or anytime bar with a gluten-free option.

Oven: 275° F

Cook Time: 30-35 minutes

Ingredients

2 large bananas	1 tsp. vanilla
1/2 c. date paste	1 tsp. cinnamon
1/4 c. coconut oil	1 tsp. baking powder
2 c. rolled oats, gluten free if needed	1/2 – 1 c. blueberries
1/4 c. unsweetened shredded coconut	

Instructions

1. Preheat oven to 275 degrees F.
2. Add bananas, date paste and coconut oil to a food processor and blend well.
3. Add the oats, coconut, vanilla, cinnamon and baking powder and blend well.
4. Press mixture into a greased 8×8 glass baking dish, then top with blueberries, gently pressing the berries into the batter.
5. Bake for 30-35 minutes or until edges are lightly browned and the middle is firm, but yields slightly to the touch.
6. Cool then cut.

Recipe Notes

If doubling the recipe, you will probably need to break up the steps further. Here's what I do: First, coarsely blend all the oats and set aside in a large bowl. Then blend other ingredients per instructions above (without the oats). Next, stir the blended ingredients together with the oats in a large bowl. Continue with steps 4-6.

I think this recipe works best with ripe to slightly overripe bananas.

If you can't find date paste (I get mine at a middle eastern market), use 1 1/4 c. pitted Medjool dates.