



Long Livo

Banana Oatmeal Bars – Wholesome & Cozy Snack

15 min

Prep time

12

Servings

25 min

Cook time

Easy

Difficulty

40 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 3 ripe bananas, mashed
- ☐ 2 cups old-fashioned rolled oats
- ☐ 1/4 cup honey
- ☐ 1 tsp cinnamon

- ☐ 1 tbsp fresh lemon juice
- ☐ 1/4 tsp salt
- ☐ 2 tbsp melted butter or coconut oil

Optional Add-Ins

- ☐ 1/3 cup chopped walnuts
- ☐ 1/4 cup dark chocolate chips

Instructions

- 1** Pre-heat the oven to 350°F (175°C) and line a 9×13-inch baking pan with parchment paper.
- 2** In a large bowl, mash the bananas until smooth, then stir in honey, melted butter, lemon juice, cinnamon, and salt.
- 3** Fold the rolled oats (and optional walnuts or chocolate chips) into the banana mixture just until combined.
- 4** Pour the batter into the prepared pan, spreading it with a spatula to an even layer; sprinkle a few extra nuts on top if desired.
- 5** Bake for 20-25 minutes, until the edges turn golden and a toothpick inserted near the center comes out clean. Let cool slightly before cutting into bars.

Nutrition per serving

210 kcal

Calories

4 g

Protein

34 g

Carbs

7 g

Fat

Tips & notes

- If the batter seems too wet, add an extra 1/4 cup oats.
- For extra caramel notes, drizzle a thin layer of maple syrup over the bars after baking.
- These bars taste even better the next day as the flavors meld.