


# Peanut Butter Banana Protein Bars

These delicious homemade snack bars pack a punch of protein but don't include the added sugars found in many packaged protein bars.

## Ingredients

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 **Servings** 6 **Serving Size** 1 bar

Cooking spray

2/3 cup uncooked quick-cooking oats

1/3 cup buckwheat flour

1/4 cup ground chia seeds


1/4 cup chopped walnuts

1/2 teaspoon ground cinnamon

2 medium bananas, mashed

1/4 cup creamy low-sodium peanut butter

15 drops chocolate-flavored liquid stevia sweetener


 2 teaspoons stevia sweetener

OR

 4 stevia sweetener packets

## Directions

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 **Tip:** Click on step to mark as complete.

Preheat the oven to 350°F. Lightly spray a 13 x 9 x 2-inch baking pan with cooking spray.

In a small bowl, stir together the oats, flour, chia seeds, walnuts, and cinnamon.

In a medium bowl, stir together the banana, peanut butter, chocolate-flavored liquid stevia sweetener, and stevia sweetener. Pour the flour mixture into the bowl, stirring until the mixture is just moistened but no flour is visible.


Spread the mixture into the baking pan.

Bake for 12 to 17 minutes, or until a toothpick inserted in the center comes out clean.

Cool for 20 to 30 minutes before cutting into 6 bars.

 **Calories**

220 Per Serving

 **Protein**

7g Per Serving

 **Fiber**

6g Per Serving

# Nutrition Facts

<b>Calories</b>	220
<b>Total Fat</b>	11.5 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	5.5 g
Monounsaturated Fat	4.0 g
<b>Cholesterol</b>	0 mg
<b>Sodium</b>	24 mg
<b>Total Carbohydrate</b>	25 g
Dietary Fiber	6 g
Sugars	5 g
Added Sugars	1 g
<b>Protein</b>	7 g

## Dietary Exchanges

1 starch, 1/2 fruit, 1/2 lean meat, 2 fat