

# ALMOND BANANA BAR

## INGREDIENTS

- 2 Bananas (ripe) (mashed)
- 1/2 C Almond butter
- 1/4 C Raisins
- 1/4 C Cherries (pitted)
- 1/4 C Apricots (dried)
- 1/2 C Almonds
- 1 C Oatmeal (quick type)
- 1/4 C Seeds (your choice - can be all the same or a mix)
- Non-stick cooking spray

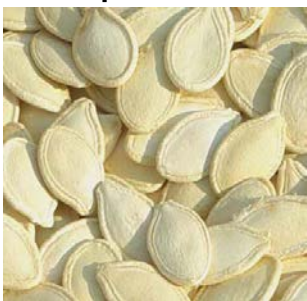


## DIRECTIONS

- 1 In a 3 qt pot, mix the bananas & almond butter on a low temperature until they are well blended
- 2 Place the raisins, cherries, apricots & almonds in your blender & process until coarse
- 3 Combine the banana almond mix in a bowl with the processed ingredients
- 4 Add the oatmeal & seeds to the bowl & blend well with the ingredients
- 5 Preheat your oven to 350 F
- 6 Spray an 8 x 8 glass baking dish with the non-stick cooking spray
- 7 Press the mixture flat into a metal pan & bake for 25 minutes
- 8 Cool completely then cut into individual bars



**Pumpkin Seeds**



**Sunflower Seeds**



**Toasted Sesame Seeds**



