NO SUGAR - NO GLUTEN QUICK NUTRITION BARS

INGREDIENTS



3 Bananas	(ripe)	(smashed)
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1/3 C Apple sauce

2 C Oatmeal (1 minute type) 1/4 C Almond Milk OR Soy Milk

1/2 C Raisins (golden)

1t Vanilla1t Cinnamon

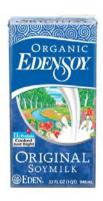
Non-stick cooking spray

DIRECTIONS

- 1 Pre-heat oven to 350 F
- 2 Spray 8 X 8 pyrex baking dish with non-stick cooking spray
- 3 Mix all ingredients together
- 4 Bake for 15 minutes on middle shelf of your oven
- 5 Allow to cool for at least 1 hour before cutting into bars or squares









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