

## Banana Oat Bars



2 large, very ripe bananas  
1 teaspoon vanilla  
2 cups rolled oats  
1/4 cup pitted, chopped dried dates  
1/4 cup chopped nuts — such as walnuts, hazelnuts or pecans  
Grated nutmeg or cinnamon

Heat the oven to 350°F and lightly grease a 9x9-inch square baking dish with olive oil.

Mash bananas until smooth in a medium mixing bowl. Add vanilla and stir. Add oats and stir. Add remaining ingredients and stir until well mixed. Place mixture in baking dish and press down evenly. Bake for 30 minutes. Cool. Cut into 9 bars and enjoy. Makes 9 servings.

Nutrition information per serving: 128 calories, 3 grams protein, 6 grams fat, 23 grams carbohydrate, 1 mg sodium