



Lynn demonstrates how to make delicious Healthy Bars. These are great for a snack or to take with you on the run.

Ingredients:

- 3 mashed bananas (ripe)
- 1/3 cup apple sauce
- 2 cups oats
- ¼ cup almond milk
- ½ cup raisins (opt.)
- 1 teaspoon vanilla
- 1 teaspoon cinnamon

Preheat oven to 350°. Spray with cooking spray or line an 8x8" or 9x9" square baking pan with parchment paper. Set aside.

Mix all of the above together in a bowl.

Spread mixture into the prepared baking pan.

Bake for 15-20 minutes. Cool in pan and remove and cut into squares.

[Comment or watch this Recipe on You Tube](#)

Follow me on:
[YouTube](#)

Healthy Bars by Lynn's Recipes



[Twitter](#)

[Facebook](#)

[Instagram](#)

[Roku](#)

Lynn's Recipes: April 2014
www.lynnrecipes.com

[Click here for a handy Conversion Chart](#)