



Banana Coconut Protein Bars

12 servings
 20 minutes

Ingredients

- 1 Banana (mashed)
- 1 1/4 cups Oats
- 2/3 cup Unsweetened Coconut Flakes
- 1/3 cup Raw Honey
- 1/3 cup Almond Butter
- 1 tsp Cinnamon
- 1/3 cup Protein Powder

Nutrition

Amount per serving	
Calories	148
Carbs	18g
Fiber	3g
Sugar	9g
Protein	5g
Cholesterol	0mg
Sodium	7mg
Vitamin A	7IU
Vitamin C	1mg
Calcium	44mg
Iron	1mg
Vitamin D	0IU

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place all ingredients together in a bowl and mix well with a spatula.
- 3 Pack mixture down firmly into a pan. (I use a 9 x 9 square pan.)
- 4 Bake in oven for 15 minutes. Remove and let cool for 30 minutes.
- 5 When cool, cut into bars. Store in an air-tight container or wrap them individually and throw them in the freezer for an easy grab-and-go snack.