



## Ingredients

- + 1 Cup Rolled Oats
- + 1 Cup Flour
- + 1 Tsp Baking Powder
- + 1 Tsp Vanilla Extract
- + 1 Cup Chocolate Chips
- + 1/4 Cup Maple Syrup
- + 1/2 Tsp Cinnamon
- + 1/2 Cup Pecans
- + 2 Bananas
- + 1 Egg
- + Sprinkle of Chia Seeds



## Gluten Free Oat Bars

1. Preheat oven to 425 degrees
2. In a bowl mash two bananas until a smooth consistency
3. In a separate bowl mix together the dry ingredients  
(Oats, cinnamon, flour, chia seeds, baking powder, pecans)
4. Combine wet and dry ingredients, mix until forms chunky paste  
(Bananas, yogurt, agave syrup, vanilla extract)
5. Fold in chocolate chips
7. Line baking sheet with parchment paper  
Transfer to baking sheet
8. Place into the oven for 20-25 minutes

Once done let them cool for a few minutes or stick them in the fridge for faster hardening.

*Gluten Free | Dairy Free*