# HOMEMADE BREAKFAST BARS

Here's a high-fiber breakfast bar that will keep you full and satisfied without added sugar and artificial ingredients most packaged bars provide. Enjoy this bar for breakfast, a quick snack or for dessert! Yum!

## Ingredients:




- 1 1/2 cups quick-cooking oats
- 1/4 cup wheat germ
- 1/4 cup ground flax seed
- 2 T vanilla-flavored protein powder
- 1 tsp ground cinnamon
- 1/2 tsp salt
- 3 bananas
- 1/4 cup natural peanut butter (for batter)
- 2 T raw honey (can use less honey if using a sweet protein powder)
- 1 tsp vanilla extract
- 1/4 cup natural peanut butter (for topping)
- 1 T mini chocolate chips (optional)

## Directions:

1. Preheat oven to 375 degrees. Line an 8x8-inch baking dish with parchment paper.
2. Stir oats, wheat germ, flax seed, protein powder, cinnamon, and salt together in a bowl.
3. Mash bananas in a separate large bowl and stir 1/4 cup peanut butter, honey and vanilla extract into bananas, mixing well. Stir in chocolate chips, if using. Stir dry ingredients into banana mixture and spread into the prepared baking dish.
4. Bake in the preheated oven for 20 minutes. Take out and spread 1/4 cup natural peanut butter over top.
5. Continue baking until lightly browned on the edges and set, 10 more minutes. Let cool in the pan and lift bars onto a work surface using parchment paper as handles. Cut into bars, wrap in plastic wrap, and store in refrigerator. Makes 12 servings.

## NUTRITION PER SERVING:

Per Serving: 169 calories, 7g fat, 21g carbs, 4g fiber, 6g protein, 0 mg chol, 148 mg sodium

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