



Simple | Healthy | Delicious

Low Fat Granola Bars with Bananas, Cranberries, Pecans & Flax



INGREDIENTS

3 1/2 cup oats
3/4 cup roughly chopped pecans
3 large, ripe bananas
2/3 cup unsweetened applesauce
3/4 cup dried cranberries
3/4 tsp ground cinnamon
1/2 tsp freshly grated nutmeg
2 tbs ground flax seed (or flax meal)
1/2 tsp salt

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Line a 9- by 13-inch baking pan with parchment paper, with about 1 inch of parchment paper overlapping the sides.
3. Spread out the oats and chopped pecans on a baking sheet. Place in the oven until they are lightly toasted, stirring occasionally, about 10 minutes.
4. In a medium bowl, mash the bananas with the back of a fork. Stir in applesauce until combined.
5. Transfer the oats and pecans to a large bowl and stir in dried cranberries, ground flax seed (flax meal), cinnamon, nutmeg and salt.
6. Stir the banana mixture into the oat mixture until well combined and starting to clump together. Transfer to the prepared baking dish and press down evenly.
7. Bake until the bars are golden brown and starting to separate from sides of the pan, about 30 minutes. Let cool on a wire rack for 15 minutes.
8. Use the parchment paper to lift the bars out of the pan. Let cool to room temperature, then cut into bars.
9. Serve or store in an airtight container.