

# SPRING AHEAD BREAKFAST BARS

*Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian*

Serves: 12 (Serving= 1 bar)

## Nutrition (per serving)

Calories: 242

Total Fat: 6 g

Saturated Fat: 1 g

Sodium: 129 mg

Total Carbohydrate: 32 g

Dietary Fiber: 4 g

Total Sugars: 17 g

Protein: 7 g



## Ingredients

- 2 ripe medium bananas, mashed
- 2 ½ cups old-fashioned whole rolled oats (use certified gluten free oats for GF version)
- 1 cup PB2® prepared (1 ¼ cup PB2® powder + ¾ cup water)
- ½ cup raw pepitas/pumpkin seeds
- 2 Tablespoons whole flaxseed
- 1/3 cup honey
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- 1 cup dried cranberries
- 2 Tablespoons peanut butter, melted



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## Directions

1. Preheat oven to 325°F. Line 9 x 13" baking pan with foil. Spray with cooking spray. Set aside.
2. Combine all ingredients in a large bowl. Spread mixture evenly into pan.
3. Bake for 19-23 minutes until edges slightly brown.
4. Remove from oven and allow to cool completely in pan (or place in fridge to cool for 30 minutes).
5. When completely cooled, heat 2 tablespoons peanut butter in microwave for 30 seconds and drizzle on bars. Cut into 12 bars.



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