



Lynn demonstrates how to make delicious Healthy Bars. These are great for a snack or to take with you on the run.

Ingredients:

- 3 mashed bananas (ripe)
- 1/3 cup apple sauce
- 2 cups oats
- 1/4 cup almond milk
- 1/2 cup raisins (opt.)
- 1 teaspoon vanilla
- 1 teaspoon cinnamon

Preheat oven to 350°. Spray with cooking spray or line an 8x8" or 9x9" square baking pan with parchment paper. Set aside.

Mix all of the above together in a bowl.

Spread mixture into the prepared baking pan.

Bake for 15-20 minutes. Cool in pan and remove and cut into squares.

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