

Banana-Peanut Butter Protein Bars

Yield - 10 bars

Dry ingredients:

- 2/3 c gluten free rolled oats
- 1/2 c raw buckwheat groats, ground into flour
- 1/4 c shredded unsweetened coconut
- 3 Tbsp Chia seeds
- 3 Tbsp mini dark chocolate chips (e.g. Enjoy Life brand)
- 1/4 tsp cinnamon
- 1/4 tsp fine grain sea salt (or Himalayan if you prefer)

Wet ingredients:

- 3/4 c mashed ripe banana (about 2 medium)
- 1/2 c smooth peanut butter (I used chunky)
- 1/4 c coconut nectar (or brown rice) syrup
- 1 tsp vanilla

1. Preheat oven to 350° F and line an 8 inch square pan with 2 pieces of parchment paper (one going each way). Tip* to get parchment paper to stick spray with coconut or olive oil, or grease the pan with ghee.
2. Whisk all dry ingredients together in a mixing bowl.
3. Mash bananas until smooth and measure out 3/4 c. Mix all the wet ingredients together
4. Add wet mixture to dry mixture and stir well until combined. Dough should be very sticky.
5. Scoop batter into prepared pan. Place a piece of parchment paper on top of the batter and press it down to spread batter, evenly in the pan. (you can also wet your hands and spread it out that way. Make sure it is as even as possible.
6. Bake at 350° F for 22-26 minutes, or until the edges are golden brown and the bar is firm to the touch. Cool in pan completely before removing and slicing into bars.

Note* Raw buckwheat groats are not the same as kasha or toasted buckwheat. Raw groats have a milder flavor. Can be purchased online at Upaya Naturals. I got mine from the Backyard Bean project table at the Saturday Market.