

STRAWBERRY BANANA GRANOLA BARS

- 1 tsp oil
- ½ cup mashed banana
- ⅓ cup skim milk
- 1 tablespoon honey
- 2 ½ cup old-fashioned oats
- 1 cup frozen strawberries, thawed slightly and diced

1. Preheat the oven to 300°F, and lightly coat an 8"-square baking pan with nonstick cooking spray.
2. In a large bowl, mix together the oil, mashed banana, milk, and honey.
3. Stir in the oats until thoroughly coated. Gently fold in the diced strawberries.
4. Press the mixture into the prepared pan, and bake at 300°F for 15-19 minutes. Cool completely to room temperature in the pan before slicing into bars. Cover the bars with plastic wrap, and store in the refrigerator until ready to serve.

Serves 10; 1 bar per serving. Recipe adapted from <http://amyshealthybaking.com>.

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