# Banana Energy Bars

**Serves 9**

## Ingredients

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|---|---|
| 2 | Eggs |
| 1 large | Ripe Banana, mashed |
| 1 cup | Rolled Oats |
| 1/2 cup | Unsalted Raw Sunflower Seeds |
| 1/2 tsp | Ground Cinnamon |
| 1/2 cup | Whey Protein (optional) |
| 1/2 cup | Chopped Pitted Dates |
| 1/2 cup | Raisins |
| 1/2 cup | Chopped Walnuts |
| 1/2 cup | Chopped Dried Apricots |
| 1/2 cup | Toasted Wheat Germ or Almond Meal (GF) |
| 1/3 cup | Pure Maple Syrup |
| 1/4 cup | Whole-Wheat Pastry Flour, or Buckwheat Flour (GF) |

## Equipment

- Baking dish
- Mixing bowls
- Spatula
- Wooden spoon

## Directions

1. Preheat an oven to 300 degrees F.  Lightly oil a 9x13-inch baking dish.

2. Mix the eggs, banana, oats, sunflower seeds, cinnamon, protein powder, dates, raisins, walnuts, apricots, maple syrup, and flour together in a large bowl until thoroughly combined; spread the mixture evenly into the prepared baking dish. NOTE: If not using the whey protein powder add ¼ of almond meal to retain the moisture balance.

3. Bake in the preheated oven for 20 minutes; set aside to cool. Cut into 9 bars and wrap individually to store.  These make large snacks and can easily be cut to ½ size/

4. Option to make them more of a special, though messier, treat is to melt dark chocolate and brush a little on the top of the bars.

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