

Choco Fever Dream

Banana Oatmeal Bars – Wholesome & Cozy Snack

15 min Prep time	**25 min** Cook time	**40 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 3 ripe bananas, mashed
- [ ] 2 cups old-fashioned rolled oats
- [ ] 1/4 cup honey
- [ ] 1 tsp cinnamon
- [ ] 1 tbsp fresh lemon juice
- [ ] 1/4 tsp salt
- [ ] 2 tbsp melted butter or coconut oil

Optional Add-Ins

- [ ] 1/3 cup chopped walnuts
- [ ] 1/4 cup dark chocolate chips

Instructions

1. Pre-heat the oven to 350°F (175°C) and line a 9×13-inch baking pan with parchment paper.
2. In a large bowl, mash the bananas until smooth, then stir in honey, melted butter, lemon juice, cinnamon, and salt.
3. Fold the rolled oats (and optional walnuts or chocolate chips) into the banana mixture just until combined.
4. Pour the batter into the prepared pan, spreading it with a spatula to an even layer; sprinkle a few extra nuts on top if desired.
5. Bake for 20-25 minutes, until the edges turn golden and a toothpick inserted near the center comes out clean. Let cool slightly before cutting into bars.

Nutrition per serving

210 kcal	4 g	34 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the batter seems too wet, add an extra 1/4 cup oats.
- For extra caramel notes, drizzle a thin layer of maple syrup over the bars after baking.
- These bars taste even better the next day as the flavors meld.