



[Wholesome Blueberry Banana Oat Bars Recipe](#)

Recipe found on [AnnsEntitledLife.com](#)

Prep time: 10 minutes

Cook time: 25 minutes

Serves 8

Blueberry Banana Oat Bars Ingredients:

2 cups Quick Oats
1 cup Fresh Blueberries
3 Bananas, VERY ripe, mashed
1 Egg
2 TBSP Brown Sugar

Blueberry Banana Oat Bars Directions:

- Preheat oven to 350°.
- Line an 8" x 8" pan with aluminum foil. (You may alternately grease well if you prefer not to use aluminum foil.)
- In a large bowl, fold together quick oats and fresh blueberries.
- Add in banana, egg and brown sugar; mix well.
- Press the mixture into the prepared pan.
- Bake for approximately 25 – 30 minutes in a preheated 350° oven, or until the bars have slightly browned on top.
- Remove from the oven and allow the blueberry banana oat bars to cool in the pan
- Cut blueberry banana oat bars into 8 portions.
- Eat on the go, or freeze individually for busy mornings!