
Banana Oat Squares

Ingredients

Yields: one 9 x 13 baking dish

Preparation Time: 20 minutes

Cook time: 55 minutes @ 350 degrees

- $\frac{3}{4}$ cup butter
- $\frac{3}{4}$ cup honey
- 2 eggs
- $\frac{1}{2}$ tsp salt
- 1 $\frac{1}{2}$ cups mashed bananas
- 4 cups freshly flaked oats
- $\frac{2}{3}$ cup chopped walnuts, pecans or almonds

Method

- Grease pan with coconut oil
- Cream butter and honey. Add eggs and beat well.
- Add the mashed banana and salt. Beat
- Add oats and nuts. Stir
- Spread in baking dish and bake for 50 – 60 minutes. Cool and cut into squares.

Notes

(Recipe adapted from Company's Coming – Delicious Squares edition)

