

Banana Nut Butter Power Bars



TIPS:

1. **Ease & Flavor:** These bars are as incredibly easy to make as they are fantastically flavorful and energy-sustaining. I like making them in the toaster oven for ease, speed, and energy savings, but the directions below also show how to make these bars in a standard kitchen oven.

2. **Ingredients:** You'll see a pretty long list of ingredients below, but don't panic.

- **Spices:** The spices (cinnamon, ginger, allspice, and nutmeg) along with vanilla extract are the cornerstones of the full flavor of these bars. If you don't have some of those ingredients, just use a little more of what you do have - but definitely don't skip the spices.
- **Grain, Seed & Cereal Substitutes:** You can substitute ground flax, chia seeds, and whole grain cereal with any other powdered or ground similar type of ingredient, like ground nuts, quick-cook oats, or any other quick-cook grain. For maximum nutritional benefit, I recommend that you use ground and not whole flaxseed or chia seeds, which you can grind on our own, as shown in step 5.
- **Other Ingredients:** You can also use any other dried fruit instead of raisins and use more chocolate chips than shown below. Imagination and ingredients you have on hand are your only limits.

Preparation Time: 7-10 minutes

Baking Time: 15 - 25 minutes

Ingredients

1 Ripe Banana

1/2 Teaspoon Salt

1/2 Teaspoon Baking Powder

1 Teaspoon Ground Cinnamon

1/2 Teaspoon Ground Ginger

1/2 Teaspoon Ground Allspice

1/4 Teaspoon Ground Nutmeg

2 Tablespoons Ground Flaxseeds

1 Tablespoon Chia Seeds

1 Tablespoon Vanilla Extract

2 Tablespoons Fruit Juice

4 Tablespoons Nut Butter

3 Tablespoons Honey or Maple Syrup

1 Handful Unsweetened Coconut flakes

1 Handful Whole Grain Cereal

1 Handful Raisins

1 Handful Dark Chocolate Chips

Cooking Spray



Equipment

Baking Pan

Baking Rack (not that necessary - just used to cool bars when they come out of the oven)

Mixing Bowl

Fork

Tablespoon

Teaspoon

Spatula

Potholder or Folded Dishtowel

Cutting Board

Sharp Knife

Toaster Oven or Standard Oven

Coffee Grinder (only if needed, as shown in step 5)



1. If you're using a toaster oven, skip to step 2. If you're using a standard kitchen oven, place the baking rack in the middle of the oven and preheat the oven to 375° F (190° C).



375

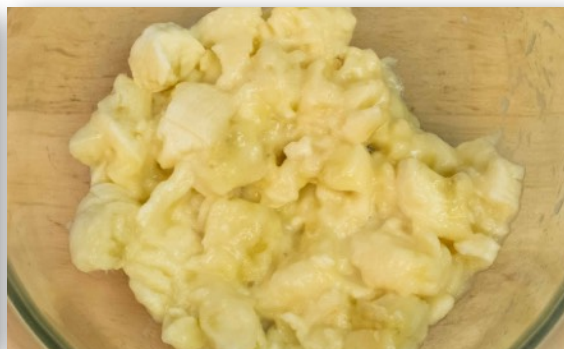
2. Spray a baking pan with a **light coat of cooking spray**.



3. Peel and break a **ripe banana** into 2-3 pieces, and put those **banana pieces** in a bowl.



4. Use a fork to mash the **banana** coarsely until it looks about as shown in the picture on the right below.



5. Add the following to the **mashed bananas** in the bowl:

1/2 teaspoon salt and **1/2 teaspoon baking powder**



1 teaspoon ground cinnamon and **1/2 teaspoon ground ginger**



1/2 teaspoon ground allspice and 1/2 teaspoon ground nutmeg



2 tablespoons ground flaxseed



1 tablespoon chia seeds (though you can use them whole, I prefer grinding them for a few seconds using a coffee grinder, as shown here, for more nutritional benefit)



1 tablespoon vanilla extract and 2 tablespoons fruit juice (or fruit juice)



4 big tablespoons nut butter and either 3 tablespoons of maple syrup or honey



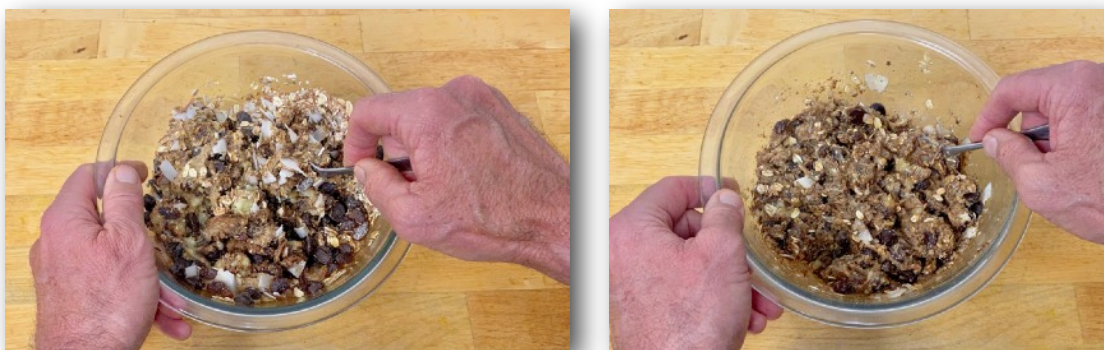
1 handful unsweetened coconut flakes
(chopped as shown, if needed)



1 handful whole grain cereal, 1/2 handful raisins and 1 handful dark chocolate chips



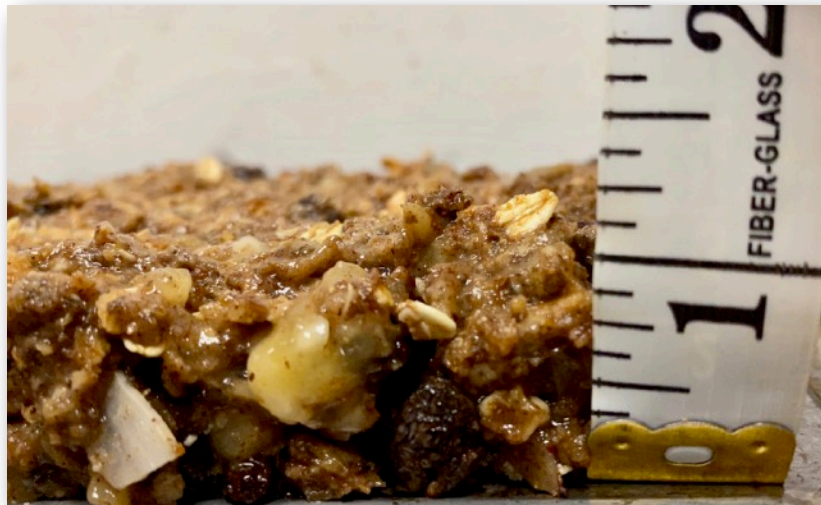
6. Stir and mash with a fork until **all the ingredients** are well mixed together as shown in the picture below on the right.



7. Scoop the **banana nut butter batter** onto a baking pan and form into a rectangle about 5 X 7 inches (13 X 18 cm) wide and long and...



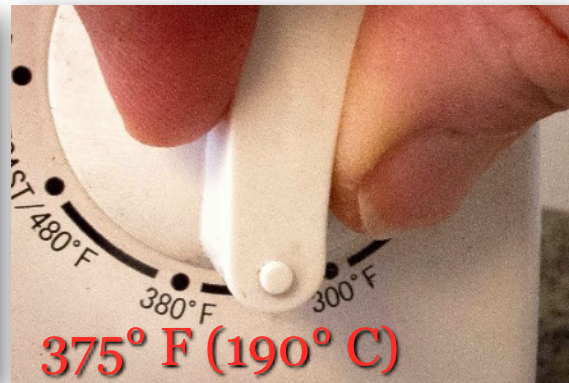
...1 inch (2.5 cm) thick.



6. Bake as follows according to whether you're using a **toaster oven** or a **standard oven**.

Toaster Oven Baking

Put the baking pan in the toaster oven, set the mode to bake (if that's an option), turn on the heat to 375° F (190° C), and set a timer for 15 minutes.



Standard Oven Baking

Wait until the oven has warmed to 375° F (190° C). Then put the baking pan into the oven, and set a timer for 20 minutes (baking takes a little longer in a standard oven).



7. When the timer sounds, use a potholder or folded dishtowel to remove the baking pan from the toaster oven or standard oven.

Toaster Oven



Standard Oven



Check the **banana nut butter loaf** for doneness. The **loaf** should be lightly browned and slightly firm to the touch when you press on the top of it with your fingertips as shown in the pictures below.

BANANA NUT BUTTER LOAF DONENESS



Lightly Browned



**Slightly Firm
to the Touch**

If, however, your **banana nut butter loaf** is not yet lightly browned, like what you see in the picture directly below, keep baking at 5 minute increments until the **loaf** looks about as shown in the doneness pictures above.



**Undercooked Banana
Nut Butter Loaf**

8. When the **banana nut butter loaf** is cooked to doneness, put the baking pan on a rack or on top of the stove to cool.



9. When the **banana nut butter loaf** has cooled to the touch, use a spatula to lift the **loaf** from the baking pan onto a cutting board, and then...



...use a sharp knife to cut the **loaf** into individual **bars** as desired or about as shown below.



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