

Banana WakeUp Bars

Savannah · 29/09/2024

**Prep Time**

40 mins

Difficult

Medium

Servings

16

Description

These banana bars are soft and simple but delicious and made with yummy ingredients Theyre always a big hit when I make them for my friends and bring them to school

Ingredients

- - ½ cup peanut butter - ½ cup brown sugar - 2 ½ tablespoons butter
- soft - 1 large egg - ½ teaspoon vanilla extract - 1 ripe banana
- mashed - ½ cup rolled oats - ½ cup all-purpose flour - 2 tablespoons wheat germ - ¼ teaspoon baking soda

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x9-inch baking pan. Beat together peanut butter
2. brown sugar
3. and butter in a large bowl with an electric mixer until smooth and fluffy. Beat in egg and vanilla until incorporated. Mix in mashed banana. Stir in oats
4. flour
5. wheat germ
6. and baking soda until batter is well combined. Spread batter in the prepared baking pan. Bake in the preheated oven until set and lightly browned
7. 20 to 25 minutes. Remove from the oven and cool completely in the pan on a wire rack before cutting into bars. Cook's Note If you are not a banana fan
8. substitute 1/2 cup unsweetened applesauce for the banana. When I don't have wheat germ
9. I use 2 tablespoons flax seed meal.