



## No Bake Peanut Butter Banana Oat Bars

18 servings  
 1 hour 15 minutes

### Ingredients

2 cups Oats (rolled)  
 1 cup Unsweetened Shredded Coconut  
 2 tbsps Chia Seeds  
 1 tsp Cinnamon  
 1 cup All Natural Peanut Butter  
 1/2 cup Raw Honey  
 35 grams Unsweetened Banana Chips  
 (crushed)  
 1/2 cup Dark Chocolate Chips

### Nutrition

Amount per serving	
Calories	233
Fat	14g
Carbs	23g
Fiber	3g
Sugar	13g
Protein	5g
Cholesterol	0mg
Sodium	5mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	22mg
Iron	1mg
Selenium	3µg

### Directions

- 1 Add the oats, coconut, chia seeds, and cinnamon in a large mixing bowl and stir to combine. Add the peanut butter and honey, and mix until a dough has formed. Fold in the banana chips and chocolate chips until well incorporated.
- 2 Line a baking pan with parchment paper. Scoop the dough into it and press down with a spatula or your hands until even. Transfer to the fridge for at least one hour to set. Slice, serve, and enjoy!

### Notes

**Leftovers:** Keep on the counter in an airtight container for up to five days, or refrigerate for up to one week. Freeze for up to three months.

**Serving Size:** One serving is equal to one small square. A 9 x 9-inch baking pan (23 x 23 cm) was used to make 18 servings.

**No Banana Chips:** Omit or use any nut or seed instead.