



Banana Fruit 'N Nut Whole Grain Bars



SERVINGS



COOKING TIME

Makes 24 Bars

20 minutes

Banana Fruit 'N Nut Whole Grain Bars is a versatile make ahead recipe. These fruit and nut bars make for a great snack or sweet treat.

Ingredients

- 1 ¼ cups wheat flour
- 2 tsp pumpkin pie spice
- 1/2 tsp baking soda
- 1/4 tsp salt
- 2/3 cup packed brown sugar
- 1/2 cup light butter
- 1 large egg
- 1 ¼ cups mashed ripe bananas (about 3 small bananas)
- 1 ½ cups [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 2/3 cup chopped pitted dates or golden raisins
- 2/3 cup chopped toasted walnuts

Cooking Instructions

1. Heat oven to 350°F.
2. Lightly spray 13 x 9 x 2-inch metal baking pan with nonstick cooking spray.
3. Stir together flour, pumpkin pie spice, baking soda and salt in medium bowl; mix well.
4. Set aside.
5. In large bowl, beat light butter and brown sugar with electric mixer until well blended.
6. Add egg and bananas; mix well. (Mixture will look curdled)
7. Add flour mixture; beat on low just until well blended.
8. Stir in oats, dates and walnuts.
9. Spread evenly in prepared pan.

10. Bake 20 to 25 minutes, until edges are golden brown and wooden pick inserted in center comes out with a few moist crumbs clinging to it.
11. Cool completely in pan on wire rack.
12. Cut into bars.
13. Store tightly covered at room temperature up to 2 days or place in airtight container and freeze up to 3 months.
14. Defrost uncovered at room temperature.