

QUICK & EASY SQUARES

There is NO added sugar in this recipe

INGREDIENTS

- 3 Bananas (mashed)
- 1/3 C Applesauce
- 2 C Oatmeal (quick type)
- 1/4 C Almond milk
- 1 t Vanilla
- 1 t Cinnamon
- 1/2 C Raisins (golden) (optional)
- Non-stick cooking spray

BAKING INSTRUCTIONS

- 1 Spray 8 X 8 pyrex dish with non-stick cooking spray
- 2 Mix all ingredients together in a bowl
- 3 Pour mix into the pyrex dish
- 4 Bake at 350 F for 15-20 minutes on your middle oven shelf
- 5 Allow to cook in the dish for at least 30 minutes
- 6 Cut into squares
- 7 If freezing, pack into air tight container

