

# NO SUGAR - NO GLUTEN QUICK NUTRITION BARS



## INGREDIENTS

- 3** Bananas (ripe) (smashed)
- 1/3 C** Apple sauce
- 2 C** Oatmeal (1 minute type)
- 1/4 C** Almond Milk **OR** Soy Milk
- 1/2 C** Raisins (golden)
- 1t** Vanilla
- 1t** Cinnamon
- Non-stick cooking spray

## DIRECTIONS

- 1** Pre-heat oven to 350 F
- 2** Spray 8 X 8 pyrex baking dish with non-stick cooking spray
- 3** Mix all ingredients together
- 4** Bake for 15 minutes on middle shelf of your oven
- 5** Allow to cool for at least 1 hour before cutting into bars or squares

