PEAR & BANANA BREAKFAST BARS

INGREDIENTS  Serves: 9  |  Serving Size: 1 bar

banana  
1 medium, ripe banana

canned pears in juice  
1/2 cup

brown sugar  
2 teaspoons, lightly packed

cinnamon  
2 teaspoons

nutmeg  
3/4 teaspoon

vanilla extract  
1 teaspoon

old fashioned oats  
1 3/4 cup

1% milk  
2/3 cup

walnuts  
1/4 cup

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INSTRUCTIONS

1. PREHEAT OVEN

Preheat the oven to 350 degrees F. Spray an 8 x 8 pan with cooking spray and set aside.

2. DRAIN PEARS

Drain the canned pears.

3. MAKE BATTER

Place bananas, pears, brown sugar, nutmeg, cinnamon, and vanilla in a large bowl. Mash the ingredients together.

4. ADD REMAINING INGREDIENTS

Add the walnuts, oats, and milk. Mix to combine.

5. POUR INTO PAN & BAKE

Pour the mixture into baking pan and smooth the surface.

6. BAKE & COOL

Bake for about 15 minutes, until lightly browned and firm to the touch. Remove from the oven and cool bars completely. Cut bars into 9 servings.

NUTRITION INFORMATION

<table>
<thead>
<tr>
<th>Calories: 110</th>
<th>Total Carbohydrate: 18g</th>
<th>Protein: 3g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat: 3.5g</td>
<td>Dietary Fiber: 3g</td>
<td>Sodium: 10mg</td>
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