

Banana Peanut Butter Bars



Plan Z Phase: This is a Z3.5 (ZReboot 3.5) recipe.

This recipe is similar to one posted on a Paleo site. I adjusted it for Plan Z Dieters, changed it to banana peanut butter bars, but I didn't have to do much.

The best news is Bob's Mill has come out with a "superfine" grind almond flour. It's so smooth, it's very much like wheat flour, only a yellow-ish color. It makes baked goods so tasty you'd hardly tell the difference. The older almond flour was denser so bars and cookies were less fluffy. This stuff is spot on and I use it for all of my baked goods now that call for almond flour.

Servings:

Serves 12 or so, depending on how large you cut them. A smaller one makes a great treat but if this is going to be breakfast before school for a little one, I'd give them a bigger piece.

Ingredients:

- $\frac{3}{4}$ cup blanched almond flour (Use Bob's Mill, superfine grind almond flour/meal)

- $\frac{1}{4}$ cup coconut flour (You can get this in the grocery store or order online)
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon grated sea salt
- $\frac{3}{4}$ cup mashed ripe banana (about 2 medium)
- $\frac{1}{2}$ cup unsweetened natural peanut butter. I get mine at Whole Foods (365 brand) because it's not oily
- $\frac{1}{4}$ cup melted coconut oil, melt it in the microwave and let it cool down a bit to pour
- 3 eggs
- 2 tablespoons raw honey
- 2 teaspoons vanilla
- $\frac{1}{4}$ cup mini chocolate chips (optional), or cut up a dark chocolate bar into bits for lower carbs and richer flavor

Instructions:

Preheat oven to 350° degrees. Grease a 9" x 13" inch baking pan. You'll need it later.

In a mixing bowl, whisk together the almond flour, coconut flour, baking soda, and salt.

Add the banana, peanut butter, coconut oil, eggs, honey, and vanilla and beat with an electric mixer until well combined.

Stir in the chocolate chips.

Spread the batter evenly in the prepared pan. Bake for 20 minutes or until done in the center. Cool before cutting. You can also gently reheat these for a warm treat/breakfast bar.

Enjoy!

Cheers,