

## Gluten-free Blueberry Banana Walnut Muffin Bars

With no refined-sugars, these Gluten-Free Blueberry Banana Walnut Muffin Bars make for an easy breakfast, lunchbox addition or after school snack.

🕒 Prep: 10 minutes Cook: 20 minutes Total: 30 minutes

👤 Servings: 9 bars

1x	2x	3x
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### INGREDIENTS

- 1½ cup gluten-free flour blend (such as Bob's Red Mill 1 to 1 or King Arthurs Gluten-Free Measure for Measure)
- 1 tsp. baking soda
- ½ tsp. ground cinnamon
- ¼ tsp. sea salt
- 2 medium very overripe bananas, mashed (~1 cup)
- 2 Organic Eggland's Best whole eggs
- 3 Tbsp. butter, melted (may substitute coconut oil for dairy-free)
- 2 Tbsp. pure maple syrup
- 1 tsp. pure vanilla extract
- 1 cup fresh blueberries (divided)
- ⅔ cup chopped walnuts (divided)

### INSTRUCTIONS

1. Preheat oven to 350°F. Grease a 9×9 baking dish with cooking spray or oil.
2. In a medium bowl, combine the flour, baking soda, cinnamon and salt. Give it a quick stir and set aside.
3. In another bowl, mix together the bananas, Eggland's Best eggs, butter, maple syrup and vanilla until well combined.
4. Add banana mixture to flour mixture and stir until combine.
5. Fold in ⅔ cup of blueberries and 1/2 cup of walnuts.
6. Transfer batter to the baking dish, top evenly with the remaining blueberries and walnuts.
7. Bake for 20 minutes or until center is baked through and a toothpick inserted comes out clean. Remove from oven and allow to cool for 10 minutes before cutting into 9-12 squares.
8. Top with a dollop of yogurt or nut butter and additional banana slices, blueberries, walnuts, and cinnamon if you wish.

### NOTES

To store: Allow bars to cool. Store bars in an airtight contain in the fridge for up to one week.

To freeze: Allow bars to cool. Layer bars in a single layer in an airtight container with parchment paper between each layer. Freezer for up to 3 months. Reheat from frozen in the microwave or oven.

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## **NUTRITION INFORMATION**

**Serving Size:** 1/9 of recipe **Calories:** 235 **Fat:** 11g **Sodium:** 230mg **Carbohydrate:** 32g  
(**Fiber:** 3g **Sugar:** 8g) **Protein:** 5g

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## **DIETARY**

**Dairy-Free** **Gluten-free** **Vegetarian**

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