Banana Zucchini Breakfast Bars

Makes 12 servings

Ingredients

unsalted butter*

flour*

I cup flour

1 teaspoon baking soda

¾ teaspoon cinnamon

¼ teaspoon nutmeg

1/4 cup unsalted butter, melted

 $^{1}\!\!/_{\!\!4}$ cup unsweetened applesauce

½ cup sugar

½ cup dark brown sugar

2 egg whites

34 cup nonfat plain Greek yogurt

2 teaspoons vanilla extract

3 small bananas, mashed

1 small zucchini, grated

Directions

- Preheat oven to 350 F. Grease a 9-by-13-inch pan with a small amount of butter, then sprinkle with a small amount of flour.* Set aside.
- 2. In a small bowl, combine flour, baking soda, cinnamon and nutmeg. Set aside.

3. In a large bowl, combine melted butter, applesauce, sugars, egg whites, yogurt and vanilla. Mix well. Add mashed banana and grated zucchini. Stir until combined.

(directions continued on back)



APPETIZER OR SNACK



Directions (continued)

- 4. Add flour mixture. Mix until just moistened. Pour mixture into the greased pan and place in the oven. Bake for 35 to 45 minutes, until bars pull away from the sides of the pan.
- 5. Let cool for 30 minutes before cutting. Serve warm.

*Option not included in nutrition facts.

= heart smart

= low sodium

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Nutrition Facts

Serving Size 1/12 of pan (93g) Servings Per Container 12

Amount Per Servin	9	
Calories 170	Calories from	Fat 35
	% Dai	ily Value
Total Fat 4g		6%
Saturated Fat 2.5g		13%
Trans Fat 0g		
Cholesterol 10mg		3%
Sodium 120mg		5%
Total Carbohy	drate 32g	11%
Dietary Fiber 1g		4%
Sugars 21g		
Protein 4g		
	15: 1.0	
Vitamin A 4%	 Vitamin C 	8%
Calcium 2%	 Iron 4% 	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2.000 2.500 Total Fat Less than 80g Saturated Eat Less than 250 Cholesterol Less than 300mg 300mg 2,400mg 2.400mg Sodium: Less than Total Carbohydrate 300a 375a Dietary Fiber 30a

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, milk, egg Carb choices per serving: 2