

Banana Zucchini Breakfast Bars

Makes 12 servings

Ingredients

unsalted butter*

flour*

1 cup flour

1 teaspoon baking soda

$\frac{3}{4}$ teaspoon cinnamon

$\frac{1}{4}$ teaspoon nutmeg

$\frac{1}{4}$ cup unsalted butter, melted

$\frac{1}{4}$ cup unsweetened applesauce

$\frac{1}{2}$ cup sugar

$\frac{1}{2}$ cup dark brown sugar

2 egg whites

$\frac{3}{4}$ cup nonfat plain Greek yogurt

2 teaspoons vanilla extract

3 small bananas, mashed

1 small zucchini, grated

Directions

1. 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)

