BeWell recipe of the month:

**Banana Nut Seed Bars**

From the kitchen of Karin Buckner, former BeWell staff member

**Ingredients:**

- 1 cup rolled oats
- ½ cup shelled sunflower seeds
- ½ cup pepitas (shelled pumpkin seeds)
- ¼ cup almonds, roughly chopped
- ¼ cup walnuts, roughly chopped
- ¼ cup dried cherries or pitted dates, chopped
- 3 small ripe bananas
- 1 teaspoon vanilla
- ½ teaspoon salt
- ½ teaspoon cinnamon
- Butter or other oil for greasing pan

**Directions:**

1. Preheat oven to 350°F. Grease the bottom and sides of a 12-by-12 muffin tin.
2. Combine oats, seeds, nuts and dried fruit in a large bowl.
3. Place the bananas, vanilla, salt and cinnamon in a small food processor or blender and process until smooth.
4. Pour the banana puree over the oat mixture and stir until all the dry ingredients are evenly moist.
5. Spoon mixture evenly into the muffin tin.
6. Bake for 30 minutes, until firm and lightly browned on the edges.
7. Run a butter knife around the edge of the muffin tins to release the portioned bars. Cool on cooking rack.
8. Enjoy now, or freeze for later use.