



Soft-Baked Almond Banana Bars

Ingredients

- 1 very ripe banana, mashed
- 2 tablespoons melted coconut oil
- 1 egg
- 1/4 cup pure maple syrup
- 1 teaspoon vanilla
- 1.5 cups almond flour, slightly packed
- 1/4 cup milled flax seeds (I use milled flax from [Tiny Sprouts](#) : use code MICHELLE10 for 10% off)
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup dark chocolate chips

Instructions

1. Preheat oven to 350 degrees and line a 8x8 baking pan with parchment paper. Set aside
2. In a medium-sized bowl, add your banana and mash with a fork until smooth
3. Add in coconut oil, egg, pure maple syrup and vanilla. Whisk to combine
4. Then add almond flour, flax, baking soda and salt. Mix to combine with a rubber spatula
5. Fold in dark chocolate chips with a rubber spatula
6. Pour into baking pan and smooth top with rubber spatula
7. Bake for about 15 minutes until edges are golden and top is set
8. Remove from oven and let cool completely before cutting (this is very important as the bars will be very delicate when warm!)
9. Store in an air-tight container for 1-2 days then move in the refrigerator for up to 5 days