



BANANA OATMEAL BARS

Collagen-Rich / High Protein / Gluten-Free / Dairy-Free

Recipe by @katalysthealth and
Featured on MariGoldFoods.com

INGREDIENTS:

- 2 medium bananas, overripe
- 1/2 cup peanut butter
- 1 1/4 cups gf rolled oats
- 2 scoops MariGold Grass-fed Collagen Peptides - Unflavored
- Chocolate chips, dairy-free (optional)

DIRECTIONS

1. Preheat oven to 350 & prep an 8x8 baking dish.
2. Mix together bananas and peanut butter until creamy.
3. Stir in oats, collagen and chocolate chips, if using.
4. Spread batter into pan & bake for 18-20 minutes. Let cool, then slice into bars!



Featuring MariGold
Grass-Fed Unflavored
Collagen Peptides
(MariGoldFoods.com)

