

INGREDIENTS

- 4 medium pears, divided
- 1/2 cup apple sauce
- 1/2 cup peanut butter
- 2 teaspoons pure vanilla extract
- 2 teaspoons ground cinnamon
- 1/2 teaspoon salt
- 3/4 cup flour
- 1/2 cup oats
- 3/4 teaspoon baking powder

pear oatmeal bars

TIME: 20 MIN

SERVINGS: 16



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PROCEDURE

1. Preheat the oven to 350 degrees. Line an 8X8 or 9X9 inch pan with parchment paper or aluminum foil, using enough for some to hang off the sides. Lightly spray with cooking spray.
2. Blend two pears in a blender to make a puree. Peel the pears if you would like a smoother texture or if your blender is not very strong.
3. In a medium bowl, mix together 1 cup pear puree, apple sauce, peanut butter, and vanilla.
4. Stir in the cinnamon, salt, flour, oats, and baking powder. Mix until combined.
5. Peel and dice the two remaining pears. Stir in the diced pears.
6. Pour the mixture into the prepared pan and bake for 25-30 minutes.
7. Allow to cool completely before cutting into bars. Enjoy!



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