

Go Berry Breakfast Bars

Need something quick and nutritious for breakfast, which you can make ahead of time? Try these breakfast bars that are great for taking on the go!

Makes: 8 servings

Ingredients:

- 1 ripe banana
- 1 cup old-fashioned rolled oats
- 1 cup frozen blueberries, thawed
- ¼ cup raisins
- 1/8 cup pomegranate juice
- 2 tbsp. finely chopped dates
- 1 tbsp. chopped walnuts
- 1 tbsp. goji berries
- 1 tbsp. raw sunflower seeds
- 2 tbsp. ground flax seeds



Directions:

1. Preheat oven to 350°F.
2. Mash peeled banana in a large bowl. Add remaining ingredients and mix thoroughly.
3. Lightly wipe an 8 x 8 inch baking pan with a small amount of olive oil. Spread mixture in pan.
4. Bake for 25 minutes. Cool on a wire rack and cut into bars.
5. Refrigerate any leftover bars.

Source: *Super Immunity* by Joel Fuhrman, M.D.