

Go Berry Breakfast Bars

Great for taking on the go!

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
- 1 cup protein powder
- 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.



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