

# Ashley's Meal Prep Monday!

## Chocolate Chip Peanut Butter Banana Bread Blondies

### INGREDIENTS

2 ripe bananas  
1 egg  
½ cup creamy peanut butter  
¼ cup maple syrup  
1 TSP vanilla  
1 cup GF oat flour  
½ TSP baking powder  
¼ cup mini DF chocolate chips  
sea salt to taste

Preheat oven to 350 and line/grease and 8x8 baking dish.

In a large bowl, mix mashed bananas, peanut butter, egg, maple syrup, and vanilla until smooth. Mix in oat flour and baking powder until smooth. Fold in chocolate chips.

Add mixture to baking dish and sprinkle sea salt and a few more chocolate chips on top. Bake in the oven for 20-ish minutes, or until edges are golden brown. Allow to cool for a few, then slice and indulge!

You can also add in chopped nuts, cinnamon and nutmeg, or double the recipe and use a 9x13 baking dish!



Recipe idea: [rochlmanfield.com](http://rochlmanfield.com)

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