

# Mango Tango Bars

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1-½ cups rolled oats or “oat flakes” or quinoa flakes
- 1 tsp ground cinnamon
- 2 large ripe bananas
- 4 tbsp melted coconut oil
- ¼ cup sunflower seeds
- ¼ cup pumpkin seeds
- ½ cup chopped medjool dates
- ¼ cup chopped dried mango
- ½ cup chocolate chips

## Instructions:

1. Preheat oven to 350°F (180°C). Grease an 8-inch square baking dish or line with parchment paper.
2. In a food processor, blitz oats until coarsely ground (they don't have to be finely ground. It's okay if you see some bits). In a large bowl, combine ground oats and cinnamon.
3. In a small bowl, mash bananas with a fork. Add melted coconut oil and mix together. Add the banana mixture to the dry mixture and mix until combined. Fold in seeds, date, dried mango and chocolate chips. Place mixture into square baking dish and flatten with a spatula.
4. Bake for 18-20 minutes. Let cool for 10 minutes before removing from the pan. Cut into bars.
5. Keep in the fridge for up to one week, or freeze for up to 3 months.

## Notes:

Makes 14 bars