



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Strawberry Banana Paleo Breakfast Bars •

These strawberry banana paleo breakfast bars are a delicious and healthy way to start your day. Made with natural ingredients and no added sugars, they are perfect for those following a paleo or vegan diet. The bars are soft, chewy, and packed with flavor, making them a great on-the-go breakfast or snack option. They are also gluten-free and dairy-free, making them suitable for those with dietary restrictions.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

200 g	Almond flour
50 g	Coconut Flour
200 g	medjool dates

150 g	Banana
150 g	Strawberries
100 g	Almond Butter
50 g	Coconut oil
2 tsp	vanilla extract
1 tsp	cinnamon
0.5 tsp	sea salt

## Directions

---

### Step 1

#### Preheating

Preheat the oven to 350°F (175°C) and line a baking dish with parchment paper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

#### Blending

In a food processor, combine the almond flour, coconut flour, dates, banana, strawberries, almond butter, coconut oil, vanilla extract, cinnamon, and sea salt. Process until well combined and a dough forms.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

---

## Step 3

### Baking

Transfer the dough to the prepared baking dish and press it down evenly. Bake in the preheated oven for 25-30 minutes, or until golden brown and set.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

## Step 4

### Cooling

Remove from the oven and let cool completely before cutting into bars. Store in an airtight container for up to 5 days.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 180 kcal

**Fat:** 10 g

**Protein:** 5 g

**Carbohydrates:** 20 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
Sugars	12 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Spring

Summer

## Events

Christmas

Barbecue

## Meal Type

Breakfast

Brunch

Snack

## Nutritional Content

Low Calorie

Low Fat

High Fiber

Low Sodium

## Kitchen Tools

Slow Cooker

## Course

Appetizers

Desserts

Salads

Snacks

## Cultural

Chinese New Year

Diwali

## Demographics

Diabetic Friendly

## Diet

Paleo Diet

## Difficulty Level

Medium

Visit our website: [healthdor.com](https://healthdor.com)