Coconut Orange Oat Bars

- ⅔ cup shredded, unsweetened coconut
- Zest of 1 orange
- 2 cups old fashioned oats
- 2 tsp sugar
- 1 ½ tsp baking powder
- ½ tsp salt
- ⅓ cup Sunflower Seeds

-1 brownish banana, mashed
- juice of 1 orange (¼ cup)
-2 tbsp canola oil
-¼ cup water
-1 tsp vanilla extract

1. Preheat your oven to 350 degrees
2. Mix the coconut, orange zest, oats, sugar, baking powder, salt, and Sunflower Seeds together.
3. In a separate bowl, mix the mashed banana, orange juice, canola oil, water, and vanilla extract. Add the banana mixture to the oat mixture, and stir to combine.
4. Let the mixture sit on the counter for 10 minutes. Grease an 8 inch square baking pan. After the 10 minutes has passed, put the mixture into the pan and spread in an even layer.
5. Bake the bars for 30 minutes, or until fragrant and lightly browned. Cool 30 minutes before cutting.