

# Banana Oat Bars

RECIPE

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created by nannies, for nannies



A tasty, no-fuss treat that kids can help to make and enjoy!

**You can always remove the nuts if you have children with an allergy or use a substitute if your little ones aren't a fan of the flavour.**

## Assemble with:



2 ripe bananas



2 cups of oats



Chopped nuts (optional)



Chia seeds

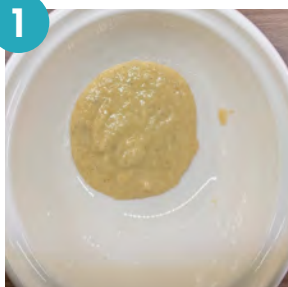


3tbsp honey (substitute for peanut butter etc)



Blueberries/raspberries/fruit to top

1



Mash or blend your bananas, then add in the oats, nuts if using, chia seeds and honey.

2



Mix it all together until combined. If too dry, add a splash of milk. If too wet, add extra oats slowly.

3



Line a tray or dish with baking paper (makes it easier to take them out and cut).

Spoon mixture in, using pegs to hold paper still (life hack) and flatten with the back of a spoon.

4



Top with blueberries, raspberries or chocolate!

5



Bake at 180°C for 20-25 minutes until firm to the touch and slightly golden, not too crispy.

Remove from the oven and allow to cool in the dish, before removing in the paper and cutting to your desired size.