

Recipe: Banana oatmeal bars



Focused



Confident

These yummy bars will keep you full and provide you with a long period of energy, helping you to focus. The oats will also help towards a good mood!



Ingredients:

4 cups rolled oats, 1 teaspoon cinnamon, 1 egg, 1 cup of raisins or dried apricots, 4 ripe bananas, seeds and nuts (optional), 1 teaspoon baking powder

Method:

1. In a bowl, stir together the oats, baking powder and cinnamon.
2. In a separate bowl, mash up the bananas with an egg.
3. With a spoon, stir in the oats mixture to the mashed banana as well as the raisins or apricots and any seeds and nuts (if using)
4. Use a spoon to place the mixture into a square baking dish.
5. Bake at 375F/190 degrees/Gas Mark 5 for 30 minutes until the oats become golden brown.
6. Leave to cool and then enjoy!

Remember eating a balanced diet is just one part of maintaining good health and feeling 100%.

WANT TO
FEEL 100%?