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OAT BARS

INGREDIENTS (SERVES 4)

200g oats
2 ripe bananas
1 tsp cinnamon
1 jar apple purée*
1 tsp honey

* You can make your own apple purée by peeling, coring, chopping apples and adding them to a large pan of water. Add a sprinkle of cinnamon and simmer for 15mins until apples are soft. Purée in a blender or mash with a fork until smooth.

DIRECTIONS

1. Mix together oats with mashed bananas, cinnamon and honey
2. In an ovenproof tray, add one layer of oats mixture, top with apple purée and then add second layer of oats
3. Bake for 20mins at 180deg
4. Cool and slice into bars for a healthy snack or breakfast bar

Send us a photo of you enjoying this treat - we'd love to see!
Email: givehelpshare@hotmail.com