



## Banana Energy Bars

I make these for my kids as snacks, it keeps in the fridge for about a week. It's also a really good way to use up over-ripe bananas.

Makes 18

110g butter  
85g soft brown sugar  
2 – 3 bananas  
225g rolled oats  
50g desiccated coconut  
50g flaked almonds  
60g raisins  
½ tsp baking powder  
½ tsp ground cinnamon  
½ tsp ground ginger



1. Heat the oven to 180C/350F/Gas4
2. Lightly grease a cm roasting tin or baking tray
3. Melt the butter and sugar over a gentle heat.
4. Measure the dry ingredients into a bowl and mix together
5. Once the butter has melted, mash the bananas and stir into the butter and sugar mixture. Mix with the dry ingredients.
6. Press the mixture into the prepared tin with the back of a spoon to level and smooth the top. Put into the oven for about 45 mins, you want a good golden brown colour.
7. Once ready, remove from the oven, allow to cool for 10 mins, then cut into squares with a knife and allow to cool completely before removing from the tin.
8. Layer into a lidded container and keep in the fridge.

## Hints, Tips and Adaptations

*Gluten free if using gluten free oats*

*Use different nuts – hazelnuts, walnuts, pecans or peanuts for a different flavour.*

*Remove the nuts and or coconut and increase the oats if required.*

*Use a drained tin of apricots, mango, peaches or pears instead of bananas*

*Swap the raisins for other dried fruit – cherries, apricots, dates or cranberries all work well.*