



Ingredients:

Serves 20 (1 serve = 2 oaty bites)

- 6 bananas (small, over-ripe)
- 4 cups rolled oats
- 3 tsp vanilla extract
- 2 tsp ground cinnamon
- 3 tbsp vegetable oil

Method

1. Heat oven to 180°C (160°C fan-forced) and line an oven tray with baking paper.
2. Mix all ingredients together and allow to sit for 15 minutes.
3. Drop tablespoons of mixture onto lined baking tray and bake for 15-20 minutes until golden brown and firm to the touch. The recipe should be enough to make 40 oaty banana bites.
4. Remove from oven and allow to cool.

The Oaty Banana Bites can be stored in an airtight container. They will keep for three days in the pantry but even longer in the fridge (they taste best warmed or at room temperature).

This recipe provides:

- $\frac{3}{4}$ serve of **Cereals**
- $\frac{1}{3}$ serve of **Fruit**

Notes:

This recipe is great for a healthy cereal snack, packed full of fibre. Traditional oats (as opposed to quick oats) give the best results.

This is a simple recipe to get the children involved in, they can measure the ingredients, stir the mixture and portion out onto the baking trays.