

## Ingredients

### Makes 25

- 3 large ripe bananas
- 2 cups rolled oats
- 1 cup dates, pitted and finely chopped
- 1/3 cup oil (light olive oil or rice bran)
- 1 teaspoon vanilla essence
- 1 ½ teaspoons ground cinnamon

## Method:

1. Preheat oven to 180°C and line baking trays with baking paper.
2. In a large bowl, mash the bananas.
3. Stir in oats, chopped dates, oil, vanilla and cinnamon.
4. Use a tablespoon to drop mixture onto a lined baking tray.
5. Bake for 20 minutes or until lightly golden.

Notes: Try using a mix of dried fruit like apricots or sultanas for a flavour twist