

Banana & Oat Flapjacks

V / GF



15
YEARS

Bananas are full of goodness like fibre and Vitamin B. Porridge oats are the perfect source of slow releasing energy, meaning you feel full for a long time after eating them!

Makes: 12 flapjacks • Preparation time: 30 minutes

Ingredients

- 2 bananas (the mushier the better!)
- 180g plain porridge oats
- 2 tbsp melted butter/spread
- Optional extras: 1 tsp cinnamon, sultanas, raisins, dried cranberries or dried apricots (1 tbsp of each)

Equipment

- Mixing bowl
- Mixing spoon
- Potato masher/fork
- Tablespoon
- Weighing scales
- Baking tray & paper
- Oven

Allergy information

Butter (dairy): you could swap this out for plant based/dairy free spread, these are readily available in supermarkets.

Method

1. Preheat the oven to 180° c and line a baking tray.
2. Mash the bananas in a mixing bowl until you get them nice and smooth.
3. Add the oats and melted butter, mix well.
4. Add in any optional extras, mix again. Then, fill the baking tray with the mixture.
5. Bake for 20 minutes, until golden on top.
6. Cut it up whilst warm into 12 squares/rectangles.
7. Serve topped with fresh fruit.

Top tips

- The flapjack will keep for up to a week in an airtight container
- This is a great way to use up leftover bananas
- Children could help by mashing the bananas, doing some weighing or mixing

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