

FRUITY OAT BARS

Makes 16 bars



INGREDIENTS

250g rolled oats
150g mixed dried fruit and nut
1 ripe banana
110g honey
110g golden syrup
60g butter at room temperature
Water



EQUIPMENT

Baking tray
Mixing bowl
Potato masher
Wooden or plastic spoon
Baking paper

TOP TIPS

Use a little water
if the mixture
seems dry.



METHOD

1. Line tray with baking parchment.
2. Mix the oats and fruit and nut together.
3. Mash the banana with the potato masher.
4. Combine oat mixture with the banana, honey, golden syrup and butter.
5. Once thoroughly mixed press into the tray and refrigerate for an hour or so or until firm enough to cut into slices.