Breakfast

Banana and Apricot Baked Oat Bars

Soft, chewy oat bars flecked with grated carrot, courgette and apple, sweetened with banana and dried apricots and gently spiced with cinnamon.

75 min	101	15.2 g	6 g
time	calories	carbs	sugars



Vegetarian

Ingredients, 12 servings

- [ ] spray oil
- [ ] 200 g jumbo rolled oats
- [ ] 200 ml water
- [ ] 2 bananas, mashed (peeled weight 200g)
- [ ] 2 tbsp granulated sweetener
- [ ] 2 heaped tsp cinnamon
- [ ] 1 carrot, grated
- [ ] 1 courgette, grated
- [ ] 1 apple, unpeeled, cut into small chunks
- [ ] 100 g dried apricots, roughly chopped
- [ ] 50 g pumpkin seeds

Nutrition Facts

Per serving

Calories	**101**
Total fat	2.6 g
Saturated fat	0.4 g
Sodium	Not listed
Total carbs	15.2 g
Fiber	2.4 g
Total sugars	6 g
Protein	3 g

Method

- [ ] **1** Set the oven to 180°C/gas 4 and give a large baking sheet a light coating of spray oil.
- [ ] **2** Put the jumbo rolled oats in a bowl, stir in the water and let them soak while you get on with the rest.
- [ ] **3** In a separate bowl, work the mashed bananas with a fork until they turn almost creamy, then beat in the granulated sweetener and cinnamon.
- [ ] **4** Stir the grated carrot and grated courgette through the banana mixture, then add the soaked oats along with the apple chunks, dried apricots and pumpkin seeds, mixing until everything is evenly distributed.
- [ ] **5** Tip the mixture onto the baking sheet, spread it out and press it down gently to a thickness of between one and a half and two centimetres.
- [ ] **6** Bake for 30-40 minutes. Take a look after 20 minutes, and if the edges are already colouring deeply, lay a sheet of foil loosely over the top for the remainder of the cooking time.
- [ ] **7** Leave to cool completely, then cut into 16 portions and serve.

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