Breakfast

Cinnamon apple and raisin oat bars

Mashed banana and chopped apple bind chewy oat bars studded with raisins, mixed seeds and plenty of cinnamon.

30 min	91	14.4 g	6.5 g
time	calories	carbs	sugars



Vegan | Dairy free | Nut free

Ingredients, 12 servings

- [ ] 2 bananas (100g each peeled weight)
- [ ] 2 apples, cored and finely chopped, but not peeled (125g each)
- [ ] 175 g rolled oats
- [ ] 150 ml apple juice
- [ ] 40 g raisins
- [ ] 40 g mixed seeds, such as sunflower and pumpkin
- [ ] 1 heaped tsp ground cinnamon
- [ ] 1 tsp rapeseed oil

Method

- [ ] 1 Start by heating the oven to 180°C, gas 4.
- [ ] 2 Using a fork, work the bananas into a smooth mash, then give them an extra beat to loosen them up.
- [ ] 3 Stir the apples, rolled oats, apple juice, raisins, mixed seeds and ground cinnamon into the banana until you have an evenly combined mixture.
- [ ] 4 Coat a baking sheet with the rapeseed oil, then press the mixture across it in a layer 2cm deep.
- [ ] 5 Give the tray 15 to 20 minutes in the oven.
- [ ] 6 Once the bars have cooled, slice them into 16 portions and serve.

Nutrition Facts

Per serving

Calories	**91**
Total fat	2.3 g
Saturated fat	0.3 g
Sodium	Not listed
Total carbs	14.4 g
Fiber	1.6 g
Total sugars	6.5 g
Protein	2.2 g

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