



Peanut Butter and Banana Flapjacks

Ingredients:

- 3 ripe bananas, mashed
- 200g oats
- large handful of dried fruit, nuts or seeds, roughly chopped
- 2tbsp smooth peanut butter
- 2tbsp honey
- 2tbsp butter
- 1tsp cinnamon
- pinch of salt

Method:

1. Preheat the oven to 180°C/160° fan
2. Line baking tray with greaseproof paper
3. Melt butter, peanut butter, honey, cinnamon and salt in a pot on the hob or in a microwave, stirring until butter has melted
4. Mix together oats, mashed banana, dried fruit and nuts in a large bowl
5. Mix in melted butter mixture
6. Transfer mixture into a baking tray and press to spread evenly
7. Bake for around 30-40 minutes, until starting to brown
8. Once slightly cooled transfer onto a cooling rack and cool completely before cutting into squares

