



OAT BREAK BARS

A nutritious and delicious afternoon
snack or breakfast on the go

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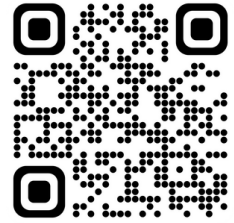
Nourish your mind, body and soul

OAT BREAK BARS

Servings: 10

INGREDIENTS:

- 3 LARGE BANANAS, MASHED
- 180 G DATES, CHOPPED
- 180 G OATS
- 75 G BUTTER, MELTED
- 1 TSP GROUND MIXED SPICE
- 1 TSP CINNAMON
- 1 PINCH SALT
- 75G CHOPPED NUTS (OPTIONAL)



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METHOD:

1. Pre-heat the oven to 180 degrees/ gas mark 4.
2. Mash your bananas in a bowl using a fork until fully smooth.
3. Add all other ingredients and stir until well combined.
4. Set the bowl aside and allow the oats to soak up some of the liquid from the mixture. Whilst you wait, grease an 8 inch baking tray and line with baking parchment.
5. Add the mixture to the pan and spread evenly, bake for 20 minutes and golden brown around the edges.
6. Take out of the tray and allow to cool before slicing into 10 bars. Enjoy!

Per serving:

ENERGY
1086/259kcal
13 %

FAT
11g
16%

SATURATES
3.6g
18%

SUGARS
19g
21 %

SALT
0.16g
3%

IMPORTANT INFORMATION

*Allergen information is compiled using data obtained from the manufacturer of products we have used. If you decide to use a different product there may be a different allergen declaration, so please check the labels of all the ingredients you purchase to make this recipe. This information is for guidance only.

Nutritional information has been compiled by Registered Nutritionists using an industry standard software system (FDH Saffron). Please bear in mind that the nutrition will change depending on the products that you use to make this recipe. This information is for guidance only.

Contains: Milk, Nuts, Gluten