

Banana Oat Flapjacks

Serves	At least 12
Preparation Time	15 minutes
Cooking Time	30 minutes



Ingredients

- 110g porridge oats**
- 4 tbsp. runny honey**
- 1 dsp. baking powder**
- 1 tsp. ground cinnamon**
- ½ tsp. bicarbonate of soda**
- 100g sultanas**
- 225g mashed banana**
- 4 tbsp. milk**
- 1 large egg**
- 1 tsp. vanilla extract**

Method

1. Preheat oven to 180c/ Gas 4 and lightly grease a Swiss roll tin or foil rectangular tin approx. 30 x 20 cm.
2. Mix together all the dry ingredients.
3. In a separate bowl mix together the bananas, egg, milk, honey and vanilla.
4. Combine the dry ingredients with the wet ingredients and mix well.
5. Pour into the prepared tin, smooth the top and bake for around 30 minutes until golden brown and smelling wonderful.
6. Leave to cool for 10 minutes before cutting into bars. Best to do this while it's still warm or you might need a chisel! Leave to cool completely in the tin before removing. Enjoy!

