



Repeat after me

EASY OAT BITES

Ingredients

- 4 ripe bananas
- 120g rolled oats
- 60g apple sauce
- 2 tsp of cinnamon

Directions

1. Peel and mash the bananas in a bowl using a fork or potato masher
2. Mix in the applesauce, oats and cinnamon
3. Lightly grease a couple of baking sheets or line with baking paper
4. Divide the mixture into 20 balls and arrange 10 on each baking sheet, leaving space in between
5. Bake at 180c for 15-20 minutes until golden
6. Allow to cool before eating and store in an airtight container for up to 3 days



PREPARATION: 5 MIN

COOKING: 15-20 MINS

OVEN TEMP: 180C

MAKES: 20

Swap it out: You can add dried fruit such as raisins, sultanas, chopped apricots or dates or make them into a chocolatey treat by adding chocolate chips. If you haven't got apple sauce in the fridge, you can use fresh orange instead to bind it together.