

Banana Breakfast Bars

Rating ★★★★★★

Dietary: VEG, EF, DF, NF
Allergens: Wheat
Age group: 12 months+
Mealtime: Breakfast
Difficulty level: Beginner

Serves: 18
Prep: 15 mins
Cook: 25 mins

Banana Breakfast Bars



Vegetarian



Nut Free



Egg Free



Dairy Free

Equipment

High-speed food processor

Ingredients

- 2 cups (220g) rolled oats
- ¼ cup (35g) wholemeal spelt flour
- ¼ cup (35g) pumpkin seed meal
- ¼ cup (45g) sultanas
- ½ tsp (1g) ground cinnamon
- 1 ½ ripe bananas (200g peeled)
- ¼ cup (60ml) melted coconut oil
- 1 ½ tbsp (45g) raw honey
- 1 tsp (5ml) vanilla extract

Method

1. Preheat oven to 180°C and line a baking dish with baking paper.
2. Place all dry ingredients into a large bowl and stir to combine.
3. Add banana, coconut oil, honey and vanilla into a food processor and process until smooth.
4. Add dry ingredient mix and pulse to combine.
5. Spread mixture into the prepared dish and press down firmly.
6. Bake in the oven for 25 mins or until golden brown on top.
7. Allow to cool, then cut into small bars.

Mandy's serving suggestion: Serve breakfast bars with milk or natural yoghurt.

Storing leftovers: Store in an airtight container in the fridge for up to 7 days or freeze for up to 4 months.

Tips

- ✓ **For a gluten-free version:** Swap oats with quinoa flakes and wholemeal spelt flour with buckwheat flour or a gluten-free flour of choice.
- ✓ **Easy ingredient swaps:** Swap pumpkin seed meal for seed or nut meal of choice.
- ✓ **For a baby-friendly version:** Leave out honey and serve mashed or in finger food-sized pieces.
- ✓ **For fussy eaters:** Make sure the consistency is very smooth.