



Banana Breakfast Bars



DIFFICULTY: EASY



PREPARATION TIME: 15
MINUTES



COOKING TIME: 40 MINUTES



SERVES: 16

Ingredients

½ cup overripe mashed bananas,
approximate 2 bananas

1 ½ cups rolled oats

½ cup shredded coconut

½ cup pumpkin seeds

½ cup sunflower seeds

½ cup banana chips, roughly chopped

1 tsp ground cinnamon

¼ tsp salt

4 tbsp honey

1 ½ tbsp coconut oil, melted

1 tsp vanilla

½ cup dark chocolate

Method

Preheat oven on CircoTherm to 160°C and grease and line a rectangular baking tray 21cm x 30cm.

Combine all of the ingredients in a bowl and mix until well combined. Place the mixture on the prepared tray and press firmly and evenly with the back of a spoon. Bake on shelf level 3 for 35 to 40 minutes, or until golden brown and firm to touch.

Allow to cool for 10 minutes before slicing into bars. While the bars are cooling, melt the chocolate over low heat, Induction level 1.5.

Drizzle the bars and allow the chocolate to set before storing in an airtight container.

Notes

Bars will keep in an airtight container for 1 week and can be frozen for up to 1 month.