

5 ingredient banana oat bars

gluten / dairy / naturally
FRIENDLY FREE SWEETENED

makes 12 large bars

ingredients:

4 bananas, mashed
2 C rolled quick oats
10 whole pitted dates, softened
1/2 C cranberries
2 Tbsp oat mylk
1 tsp sea salt

method:

Preheat the oven to 180 degrees fan bake. Prepare a small baking tray (roughly 15cm x 15cm) and line it with baking paper.

Add your dates to a pot of hot water and soften for 5 minutes. Drain your softened dates and lightly mash with a potato masher.

Combine all ingredients into a bowl and mix well.

Pour the mixture into your prepared baking tray and bake in the oven for 30 minutes. Allow to cool before slicing.

