

SNACK

BANANA AND PEANUT BUTTER OAT BARS



SHOPPING LIST:

- 3 bananas
- 280g of oats
- 150g of smooth peanut butter

COSTING: *9.75p per bar







NUTRITIONAL INFORMATION:

Calories: 200kcal |
Carbohydrates: 27g |
Protein: 7g | Fat: 8g |
Saturated Fat: 2g | Sodium: 35mg | Fibre: 4g | Sugar: 5g

These bars provide a balance of carbohydrates, protein and fats to help sustain them. Bananas are a potassium-rich fruit, loaded with essential vitamins and nutrients. Oats are among the healthiest grains, fibre rich to promote bowel regularity, and help control blood sugar. Peanut butter adds protein and monounsaturated fats to help maintain good cholesterol, whilst lowering the bad. These bars are gluten and dairy free, with no added sugars (not counting those chocolate chips, although dark chocolate is a powerful antioxidant!)

Preparation time:	Cook time:	Servings:
10 mins	15 mins	12

DIRECTIONS:

			
1. Pre heat oven to 180°		2. Mash the banana with a fork	
			
3. Mix together all ingredients		4. Transfer to baking tin. Tip – use some baking paper to stop from the mixture from sticking and for easier removal.	
			
5. Bake at 180° for 15-18 minutes or until golden brown and slice into 12 even bars		6. Why not try adding some chocolate chips for an extra sweet treat?	

*Average supermarket pricing as of March 2021