

Banana Breakfast Bars

Dietary: VEG, EF, DF, NF

Allergens: Wheat

Age group: 12 months+



Serves: 18

Prep: 15 mins

Cook: 25 mins

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Equipment

High-speed food processor

Ingredients

- 2 cups (220g) rolled oats
- ¼ cup (35g) wholemeal 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) 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.
8. Enjoy!

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 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 selective eaters:** Make sure the consistency is very smooth.