

No scales - Fruity oat slices

Ingredients:



- 2 tbsp butter / margarine (plus extra for greasing)
- 1 tbsp smooth peanut butter
- 1.5 tbsp honey
- 1 ripe banana, mashed
- 1 small apple, peeled and grated
- 1 ½ mugs rolled oats
- ½ mug dried fruit (raisins, chopped apricots, dates etc.)
- ¼ mug mixed seeds (pumpkin, sunflower)
- 1/3 mug hot water



Store in an airtight container in the fridge. They will keep for up to 3 days.

Method:

1) Heat oven to 160C/140C fan/gas 3



2) Grease / line a small cake tin with baking parchment (or use pyrex)



5) Mix the oats, dried fruit and seeds in a large bowl and add to the pan, stir until everything is coated



3) Heat the butter, peanut butter and honey in a small pan until melted



6) Tip into the cake tin and level the surface and bake for 55 minutes until golden



4) Add the banana, apple and hot water. Mix to combine



7) Cut into 9-12 pieces, leave to cool in the tin