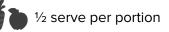
Fruit and Oat Bars

Serves: 15-16 Prep time: 10 minutes Cook time: 30-35 minutes



Ingredients

3 bananas, mashed
3 cups rolled oats
1 apple, grated with skin on
1 pear, grated with skin on
1 cup raisins
1 ½ tablespoons crystalised ginger, finely chopped
2 tablespoons almonds, finely chopped



Method

PREHEAT oven to 170°C and line a slice tin with baking paper, or lightly spray a 16-hole snack bar mould with oil.

MIX the bananas with the oats in a large bowl.

ADD remaining ingredients and mix well then pour into slice tin or snack bar mould.

BAKE for 30-35 minutes, or until golden brown on the outside.

Recipe courtesy of Gabriella Field, Tin Can Bay Branch

