

## Fruit and Oat Bars

**Serves:** 15-16

**Prep time:** 10 minutes

**Cook time:** 30-35 minutes

 ½ serve per portion

### 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 crystallised ginger, finely chopped

2 tablespoons almonds, finely chopped



Everyday Food

### 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*