


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

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Equipment:

2 Cutting boards

1- 2 small knives

Measuring cups

Measuring spoons

Medium bowl

Mixing spoon / spatula

Slice tin

Baking paper