

## NUTRITION: Recipe Time

### Nutty Banana Bites

**I have never baked before. But I have said previously that this is a great time to try something new. I needed to lead by example.**

**HMHB's Nutty Banana Bites (courtesy of our Izzwalker Roz)**

This is a simple easy to make healthy snack.

You need:

3 bananas - mashable:

a knob of butter;

Oats;

Crushed mixed nuts;

Powdered cinnamon and/or ginger.

Big bowl and fork. Baking tray.



Mash the Bananas and butter and cinnamon with a fork in the bowl. The slowly add as many oats, plus the nuts, to make a soft but not too sticky mixture. This will take quite a lot of oats, so take your time.

When you have the right consistency you should be able to pick up small quantities and roll them into balls about the size of a large walnut. Place each on a greased baking tray, slightly apart.

The oven needs to be heated to a medium temp - Gas Mark 4; 340F / 160C. Place the tray in the oven and bake for around 15 minutes. The bites should be slightly brown on top. Allow to cool. They can be stored in the fridge in a container. Enjoy.

You can always make them slightly sweeter by mixing in honey, or even choc chips.



**Here is proof that I took part in my first baking session. They actually taste good. And no sugar. Just fruit, nuts, oats, and a little spice. Quite similar in texture to the "Naked" bars of dates, except these are bananas.**