

# Recipes and Tips



## Banana & Oat Biscuits

The base of these simple 'biscuits' combines just two ingredients – bananas and oats. Then be creative and add other things to jazz them up if you like such as dried fruit, nuts or spices such as cinnamon. They're best eaten on the day you make them but will keep for a day in a sealed container.

80g oats  
a ripe banana

Preheat the oven to 180°C /Gas Mark 5-6 and put greaseproof paper on the baking sheet.

Unpeel the banana, mash well with the fork.

Add any extra ingredients if using and mix into the bananas.

Add the oats and stir well so there are no dry bits.

Put spoonfuls of the mixture onto the lined baking sheet in the size you want the biscuits to be and flatten if necessary (they will stay the same size and won't rise).

Bake for 15 mins until golden.

Leave to cool for 10 minutes before eating.