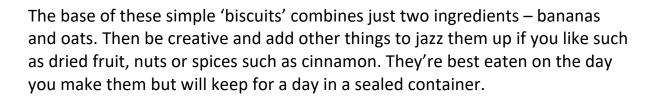


Recipes and Tips





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.