



Make delicious energy bars

What you need

- 2 ripe bananas
- 1 teaspoon vanilla extract or essence
- 180g oats
- Pinch of salt
- 30g raisins
- 30g of broken mixed nuts or dried fruit (optional)
- A handful of fruit of your choice, such as blueberries (optional)
- Bowl
- Fork or masher
- Spoon
- 23cm baking tin
- Baking paper
- Cooling rack

If you're busy juggling schoolwork, sport and after-school clubs, then it's easy to reach for sugary sweets and snacks as soon as you get home.

Instead, why not try these homemade energy bars? Made with bananas and oats, these tasty bars are packed with healthy ingredients and are super easy to make.

You can easily change the recipe by adding your favourite fruit, seeds, nuts or even chocolate drops. (See allergy information before taking to school or offering to a friend.)

This easy recipe makes 8-10 bars that can be stored in the cupboard or the fridge. So why not bake a batch? Enjoy as a quick breakfast or pack in your lunch box for a delicious pick-me-up.

The bars are a great snack.

TOP TIP

To line a baking tin, trace its shape with a pencil. With an adult's help, cut the paper with scissors.



Allergy information

Some nuts, seeds and fruits are allergens. Allergens are substances that can cause allergic reactions in some people. If you or anyone around you has a food allergy, check the items listed. You can find out more information at tinyurl.com/TWJ-allergy

FEELING FRUITY

More than 100 billion bananas are eaten in the world every year.



1 Peel the bananas. Place in a bowl and mash using a fork or potato masher. The mixture should be quite squishy. Add the vanilla extract.



2 Add the oats into the banana mixture and stir with a spoon. Sprinkle in the salt and stir again.



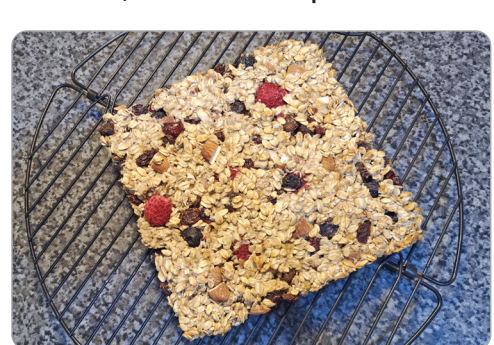
3 Stir in the raisins. Now add the optional extras. If you are mixing in soft fruit such as blueberries, be careful not to squash them.



4 With the help of an adult, turn on the oven to 180°C/160°C fan. Line the baking tin with baking paper or grease with a little oil or butter.



5 Spoon the mixture into the tin. Press it down, using a fork. Ask an adult to put it in the oven. Bake for 30 minutes until golden brown.



6 Ask an adult to take the tin from the oven. Leave to cool for 20 minutes, then peel off the baking paper. With help, cut into rectangles.

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SCAN ME