Banana and Honey Squares

Ingredients

250g unsalted butter

300g light brown sugar

150g runny honey

400g porridge oats (all rolled OR 300g rolled and 100g jumbo)

300g dried fruit (choose anything you like; apricots, dates, prunes, sultanas)

300g seeds (sunflower, pumpkin, linseed, sesame, poppy etc)

3 ripe bananas (approx 250g)

Method

1. Preheat the oven to 160ºC and line a 20 x 30 cm baking/roasting tin with baking parchment.
2. Put the butter, sugar and honey in a large pan and melt together over a low heat, stirring occasionally.
3. Mash the banana in a separate bowl.
4. Add the oats, fruit and seeds to the melted butter and mix well. Add the banana and combine.
5. Pour the mixture into the tin, push to the edges and smooth over with the back of a metal spoon.
6. Bake in a preheated oven for 35 – 45 minutes until the edges are golden brown. Remove and leave in the tin to cool completely before cutting into squares or bars.

Perfect for a breakfast on the go, with morning coffee or any time of the day as a nutrient packed delicious energy boost!