Go “Nutty” Banana Flapjacks

Ingredients

350g oats

200g peanut butter

2 ripe bananas

4 tbsp golden syrup

4 tbsp artificial sweetener

Method

1. Preheat the oven to 180ºC / gas mark 5.
2. Mash bananas with peanut butter.
3. Add all other ingredients and mix until combined.
4. Pour into lightly greased cake tin.
5. Place in oven for 15 – 25 minutes.
6. Remove from oven, slice and leave to cool.
7. Once cooled down they can be removed from tin.