



NO-ADDED-SUGAR BANANA OAT BISCUITS

A perfect choice for those monitoring their sugar intake, these biscuits get their natural sweetness from ripe bananas. With a softer, more cake-like texture than traditional biscuits, they're wonderfully comforting and make an excellent breakfast biscuit or afternoon treat. They're also a great way to use up overripe bananas.

 10 minutes

 25 minutes

 12 portions

INGREDIENTS

- 150 grams of rolled oats
- 80 grams of wholemeal flour
- 2 medium very ripe bananas (220-250g)
- 60 grams of butter, unsalted
- 1 medium egg
- 1/2 teaspoon of vanilla extract
- 1/2 teaspoon of baking powder
- 1/2 teaspoon of cinnamon

COOKING METHOD

- 1° Preheat oven to 180°C (160°C fan).
- 2° Mix mashed bananas with melted butter, egg, and vanilla.
- 3° In another bowl, combine oats, flour, baking powder, cinnamon, and pinch of salt.
- 4° Fold wet ingredients into dry until combined.
- 5° Spoon tablespoons of mixture onto lined baking sheets, leaving space between each.
- 6° Bake for 12-15 minutes until golden brown at the edges.
- 7° These biscuits all keep well in an airtight container for about 5 days.

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION (48 g) | % DRI |
|------------------------------|-----------|--------------------|-------|
| ENERGY | 264 kcal | 126 kcal | 6 % |
| PROTEIN | 6 g | 3 g | 6 % |
| CARBOHYDRATE | 34 g | 16 g | 6 % |
| SUGARS | 6 g | 3 g | 3 % |
| FAT | 12 g | 6 g | 8 % |
| FATTY ACIDS, TOTAL SATURATED | 6 g | 3 g | 15 % |
| FIBER | 5 g | 2 g | 10 % |
| SODIUM | 54 mg | 26 mg | 1 % |