

Snack

BASHY BUG'S BERRY BURST BARS



These yummy Berry Burst Bars are so full of fruitiness that they give Bashy Bug lots of energy when he's on 'bouncer duty'. No Baddie is getting past Bashy Bug.



Ingredients

300g porridge oats
3 ripe bananas
2 tbsp pumpkin seeds
8 tbsp (110ml) of olive oil
5 tbsp (75ml) of honey (not for under 1-year olds)
5 (35g) chopped dates
150g frozen mixed berries

Method

1. Put the olive oil, dates, honey and mashed banana in a bowl and mix well.
2. Pour this mixture into a bowl of oats, pumpkin seeds and frozen berries and combine well.
3. Pour the oat mixture into a lined baking tray (approx. 20cm x 30cm). Bake for 25-30 mins until golden brown.
4. Cut into 12 squares and leave to cool.

Tip: Can use gluten-free oats. Try different frozen fruit and add nuts.

Serves 12
40 mins to prepare
and bake
247 calories/serving
Vegetarian

This has
3.4g of fibre
and will help feed
your Belly Bugs!

Reference intake:
Fibre 3.4g
Protein 3.9g
Carbohydrates 30g