

Fruit and Oat Bites



Ingredients (per pair): <ul style="list-style-type: none">• 2 ripe bananas• 60g porridge oats• 40g sultanas• 2 tbsp apple sauce• 1 tsp ground cinnamon	Equipment: <ul style="list-style-type: none">• Baking tray• Greaseproof paper• Red-handled scissors• Mixing bowl• Weighing scales• Measuring spoons• Wooden spoon• Fork• Dessert spoon
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Method:

1. Preheat the oven to 180°C.
2. Cut the greaseproof paper so it fits your baking tray. Leave to one side.
3. Mash the bananas in the bowl using the back of a fork.
4. Weigh out the oats and sultanas and add to the bowl. Mix using the wooden spoon.
5. Use the measuring spoons to measure the apple sauce and ground cinnamon. Add to the bowl and mix well.
6. Divide the mixture into 10/12 equal balls and put on the baking sheet lined with baking paper. Leave space between each one.
7. Bake for 15-20 minutes, until golden. Remove using oven gloves and cool on a wire rack.
8. While they are cooking, do all your washing up and clean your work surface.