

# Healthy Banana Flapjacks

## Ingredients

- 100g pitted dates (soaked in 100g of boiling water)
- 85g peeled, ripe banana (small size)
- 1tsp vanilla extract
- 50g coconut oil melted
- ½ tsp bicarbonate of soda
- 250g oats (can be gluten-free)

## Method

1. Preheat the oven to 180 degrees, 160 in a fan-assisted oven, or gas mark 4.
2. Place the dates in a bowl with the boiling water and leave to soak for at least 5 minutes.
3. Once soaked, tip the dates and the water into a food processor or blender along with the banana, melted coconut oil, vanilla extract, and bicarbonate of soda. Process until smooth and paste-like.
4. Tip the paste into a bowl and add the oats.
5. Stir to combine, then place the mixture in a greased oven-proof dish measuring approximately 20x15cm.
6. Bake in the pre-heated oven for 25 minutes until golden and firm.
7. Once cool, cut up and store in an airtight container for up to 4 days.