

OAT BITES



Why not try out these super easy, healthy chocolate chip and banana Oat Bites. They are quick to make and a great activity for all the family to get involved with. Not only are they super tasty but they are also gluten-free and vegan!! Feel free to change up the ingredients and for an easy dairy free alternative too, just swap out the chocolate chips for raisins, dried fruit or whatever other filling takes your fancy.

INGREDIENTS

- Oats— 1 cup / 130grams
- Bananas x 2
- Chocolate Chips

RECIPE

- Put a cup of oats and two bananas in a bowl, then add a small amount of chocolate chips
- Mash all of the ingredients together
- Spoon the mixture onto a baking sheet.
- Bake in the oven for 20 minutes at 190 degrees.
- Blend until the mixture is smooth
- Put the mixture into ice cream moulds and freeze for about 4 hours