

Banana and Pear Breakfast Bars



Serves	Prep Time	Cooking	Total Time	Calories
6 people				288 kcal

Stuff that's in it:

- 150G Rolled Oats
- 80G Dried Pear (Chopped Into Small Chunks (I Use Scissors))
- 40G Pumpkin Seeds
- 40G Sunflower Seeds
- 60G Lurpack Lighter ((Melted))
- 2 (138G) Small Bananas (Ripe)

What you do:

Pre heat your oven to 180°C

In a large bowl add your oats, seeds and pear and mix well. Then pour in the butter, mix with a fork.

Mash the bananas in a separate bowl then pour it into the oats mix and combine everything.

Line a rectangle baking tray with parchment/grease proof paper, press the mixture into the tray until you have a straight edge rectangle shape that can cut into 6 long bars and bake for 20 minutes.

Take out, let cool slightly then slice and remove gently from the tray.

They are amazing warm!

Nutrition

- Carbs: 32g
- Fat: 14g
- Protein: 7g

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