

1 Square: 95 kcal's  
2 Squares: 190 kcal's

# Banana & Coconut Flapjacks



## Ingredients

### Pan Mix:

2 Med Ripe Bananas (mashed)  
150g Chopped Dates  
50g Raisins  
3 Tsp Maple Syrup  
3 Tbsp. Peanut Butter 100%  
1 Tbsp. Butter

### Bowl Mix:

150g Oats  
50g Desiccated Coconut  
30g Mixed Seeds

Coconut Oil Spray

## Method

Preheat the oven to 180c (fan), line a medium oven dish with greaseproof paper, and spray with coconut oil.

Add all the 'pan mix' into a small saucepan, put onto a low heat for around 5 minutes, stir occasionally.

Add all the 'bowl mix' into a large bowl and stir.

Add all the pan mix into the bowl and mix all together.

Spoon into your lined baking dish and press down firmly.

Place in the oven for 20 minutes.

Allow to flapjacks to cool before slicing into 20 pieces.

Once cooled completely, store in an airtight container.