

THE HEALTH BOOST

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Banana & date crumble bars



These snacks came about due to a brown banana and some dates that needed eating! I usually make our very popular banana bread with these ingredients. However, I was looking for a snack to make that my daughter could take into her nut-free school. The banana bread contains almond flour so is a no-go. These crumble bars are the result. My daughter has declared them even better than the banana bread, which is so popular with her and her friends! The banana and dates are combined

into a consistency that resembles caramel. Seriously delicious!

INGREDIENTS

makes 6 squares

For the base

125g oats
25 g sunflower seeds
1 tablespoon coconut oil
2 tablespoons maple syrup

For the middle

1 ripe banana
6 dates

For the topping

50g oats
1 heaped tablespoon coconut oil

METHOD

prep time: 15 mins

cook time: 30 mins

- Line a 19x12cm ceramic or glass dish with parchment paper. I have the one from Le Creuset, which is a really useful size for making snacks and bars.
- Place the dates in a bowl of boiling water to soften.
- Add the 125g oats and sunflower seeds (from base ingredients) to a food processor and blend until crumb like.
- Add the coconut oil and maple syrup.
- Add to the ceramic dish and press down.
- Now whizz the banana and dates in the food processor (no need to wash the food processor).
- Add this caramel-like mixture to the base and smooth over.

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- Melt the coconut oil in a bowl and then add the topping oats and stir.
- Add this topping to the bars.
- Make in the pre-heated oven for 30 minutes.
- Leave to cool in the dish.
- This is delicious slightly warm from the oven - but also cold, so perfect for making ahead and leaving in the fridge until needed.

THE HEALTH BOOST TIP

These crumble bars are delicious - but very sweet. These are not for every day despite the fact that the sugar is in a natural form. However, I would prefer my children to eat these over any store bought bars.