



Oat, banana, apple and walnut cookies

Makes 4 cookies – great alternative for breakfast

Prep time: 5 minutes

Cooking time: 15 minutes

Per portion

Calories: 230

Fat: 9g

Saturates: 1.1g

Carbs: 32.3g

of which sugars: 8.3g

Fibre: 3.9g

Protein: 5.6g

Salt: 0g

Ingredients:

- 140g porridge oats
- 1 small very ripe banana
- 1 eating apple, grated (skin on)
- 6 walnut halves, finely chopped
- 1/2 tsp cinnamon
- 1 tsp honey

Instructions:

Preheat the oven to 165C, 325F, Gas Mark 3. Line a baking tray with baking parchment

In a bowl mash the banana flesh until it's gooey, then stir in the honey, grated apple, cinnamon and walnuts. Add the oats and mix until all the ingredients are combined.

Divide the mixture into four equal portions. Roll each portion into a ball and gently flatten until about 1cm thick. Place in the oven and cook for 15 minutes or until firm to touch.

Remove from the oven and allow to cool. Store in an airtight container will keep for 3-4 days.

TIP: swap the honey to golden syrup to make the recipe plant-based