



✂ Snack ⌚ 40 min

## Banana Granola Bars Recipe

These healthy banana granola bars taste incredible and are also oil-free and vegan. They're the perfect way to use your ripe bananas!

1

Preheat your oven to 180 degrees C and lightly grease a square baking tin. Peel and mash the bananas until smooth.



### INGREDIENTS FOR 2 PERSONS

2 ripe Chiquita Bananas, with brown flecks on peel  
1/2 tsp vanilla extract  
1/4 tsp salt  
1/2 tsp ground cinnamon  
1/2 tsp ground nutmeg  
180g jumbo oats  
30g mixed nuts, chopped finely  
30g raisins

### NUTRITIONAL VALUES PER PERSON

149 kcal Calories  
3.7g Fat  
0.6g Saturates  
25.9g Carbohydrate  
6.1g Sugars  
3.2g Fibre  
4.1g Protein  
0.2g Salt

2

Add all the remaining ingredients and stir to combine.



3

Scrape this mixture into the baking tin and press the surface down firmly. Bake in the centre of oven for 30 minutes or until golden.

