



## Banana and 3 seed energy bars

**Makes:**  
9 Bars

**Preparation:** 10 minutes

**Cooking:** 30 minutes

### Ingredients

- 100g unsalted butter
- 3 level tbsp golden syrup
- 2 bananas, about 250g in total
- 150g porridge oats
- 100g ready-to-eat dried apricots, roughly chopped
- 25g pumpkin seeds
- 25g sunflower seeds
- 25g sesame seeds

### Method

1. Preheat the oven to 180°C (gas mark 4). Lightly grease a 20 x 20cm baking tin and line the bottom with non-stick baking parchment.
2. Warm the butter and syrup in a heavy based saucepan over a medium heat for 5 minutes or until melted. Peel the bananas and cut into 1cm cubes. Remove the butter mixture from the heat and add the bananas and all the remaining ingredients. Mix thoroughly.
3. Spoon the mixture into the prepared tin and level the surface. Bake in the oven for 20-30 minutes or until golden. The mixture will still be quite soft in the centre. Remove from the oven and leave to cool completely.
4. When cold use a sharp knife to cut into 9 equal squares. Transfer to an airtight container. Don't try to remove the bars from the tin while they are still warm because they will break.

### Fuel learning

- These tasty little bars contain considerably less sugar than most commercial cereal bars - they'll provide an instant energy boost but without sending your blood sugar levels soaring sky high.
- Oats are rich in soluble fibre and slow release carbohydrates which help to keep blood sugar levels on an even keel, so that you can stay focused.
- Bananas give these bars natural sweetness which will help to stabilise blood sugar and keep the brain fuelled.

### Tips

- This recipe is a great way to use up over ripe bananas.
- Making up a batch of energy bars in one go will save you time in the long run, so that you have more time to concentrate on learning.