



BANANA FLAPJACK

Chang Ming Health Diet



1

INGREDIENTS

200g	Porridge Oats	30g	Sunflower Seeds
100g	Dried Chopped Dates	100g	Sunflower spread / margarine
50g	Walnuts	80g	Honey
30g	Pumpkin Seeds	2	Ripe Mashed Banana



2

MIX

Melt the butter and honey together in a saucepan, don't allow the ingredients to boil, add mashed banana and mix.

Mix the oats, dates, nuts and seeds together in a bowl.

Add the butter, honey and banana mix to the bowl and mix all ingredients thoroughly.

Line and grease a 20cm loaf tin.

Press the mixture into the tin.



3

BAKE

Preheat oven - 190c

Bake for approx. 35 mins until golden brown and coming away from the sides of the tin.

Leave to cool before cutting.

