

More than 1 hour

Makes about 20 bars

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Ingredients:

- 2½ cups (290g) rolled oats
- 1 packet (100g) cashew nuts, toasted and chopped
- 1 packet (100g) dried mango strips, chopped
- 1 packet (100g) dried cranberries
- ½ tsp (3ml) each ground cinnamon and nutmeg
- ¼ cup (60ml) coconut oil
- ¼ cup (60ml) honey
- 2 large bananas, mashed
- 1 egg, whisked

Method

1. Preheat oven to 160°C.
2. Line a 20cm square baking tray with baking paper, leaving a 2cm overhang.
3. Mix oats, nuts, dried fruit and spices in a large bowl.
4. Make a well in the centre.
5. Melt coconut oil and honey in a microwave-safe bowl on medium heat for 1 minute.
6. Cool for a few minutes.
7. Add melted mixture, banana and egg to the well and mix until combined.
8. Spread onto baking tray and bake for 45 minutes until firm to the touch.
9. Cool slightly and use a sharp knife to mark slices with deep indentations.
10. Turn onto a rack and cool.
11. Slice using indentations and store in an airtight container.

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