



Chocolate Chip Banana Granola Bars

Prep Time: 10 Minutes Cook Time: 30 Minutes Makes 16 Bars

Normal granola bars contain lots of sugar, oil/ butter which equates to lots of calories. This recipe allows for a healthier version, but it is still just as yummy!

Ingredients:

200g of rolled oats
1 egg white
2 small ripe bananas
20g chocolate chips
3 tablespoons of sweetener
4 tablespoons of maple syrup
Pinch of cinnamon
1 teaspoon of vanilla extract
Low calorie cooking spray



Method:

1. Preheat oven to 180°C.
2. In a bowl mash the bananas until smooth, add in maple syrup, sweetener, egg white, vanilla extract and combine.
3. In another bowl add the oats, chocolate chips and cinnamon and mix. Then add the banana mixture and fold until all is combined.
4. Line a baking tray with some baking paper.
5. Add the mixture and press down firmly in the tray.
6. Carefully score 16 equal sized bars with a knife.
7. Place in the oven and bake for 30-35 minutes, until golden and firm.
8. Allow to cool and then enjoy!
9. Store in an airtight container.