

We are ready.....

Banana and raisin flapjack



Suggested portion

Size for recipe

1-2 years - 40g

3-4 years - 60g

Ingredients - Serves 5

Banana, peeled	200g (2)
Soft margarine	80g
Caster sugar	50g (2½ tablespoons)
Golden syrup	25g (1 tablespoons)
Oats, rolled	180g
Raisins	40g

Method

1. Preheat the oven to 170°C/325°F/gas mark 3. Grease a baking tray.
2. Chop the bananas.
3. Melt the margarine, sugar and syrup in a large saucepan over a medium heat.
4. Add the oats, banana and raisins and combine well.
5. Place the mixture onto the baking tray and press the mixture into the tin. Bake in the oven for 20-25 minutes.