

BANANA, NUT AND SEEDS BISCUITS



INGREDIENTS

- 1 x medium banana
- 1/2 x cup of hazelnuts (you can try other nuts if you like)
- 2 x dates
- 1/4 x cup seeds
- 1 x teaspoon of vanilla essence
- 1/2 x cup Dark Choc bits
- 2 x Tablespoons of Rice Malt Syrup
- 3 x Tablespoons of peanut butter (or other nut butter)
- 1/4-1/2 cup x rolled oats per day (do not use steel cut oats)

The oats are used to bind the mixture, the more you use the crunchier they will be.

METHOD

Turn your oven on to 180 degrees celcius. Prepare a baking tray big enough for 12 biscuits. Mix all the dry ingredients together in a bowl. Put the nuts, dates, peanut butter, Rice Malt Syrup, and banana into a food processor and mix roughly. Mix this mixture into the dry ingredients and mix in the oats to get a firm, but not too dry, texture. Spoon out 12 balls of mixture onto the baking tray and cook for about 12-15 minutes.

PREP TIME: 10 MINS

COOK TIME: 15 MINS

SERVES: 12 UNLESS YOU CAN'T STOP AT ONE.

