



Busta's Brilliant Banana Saving Flapjack Recipe

These yummy, healthy, sugar-less, wheat-free, dairy-free flapjacks that are a brilliant way to use up overripe bananas and old dried fruit. As ripe bananas have a naturally higher fruit sugar content they make these flapjacks wonderfully sweet.

Preparation time 20 mins - Makes approx 20 flapjacks

Ingredients

3 very ripe bananas
1.5-2 cups of rolled oats (small not jumbo)
1/3 cup of olive oil
1/3 teaspoon of cinnamon or mixed spice

Equipment

1 large mixing bowl
1 average sized coffee cup
2 baking trays (flat or mince pie/loose bottom cup cake trays)
A hand blender or fork
A teaspoon to measure
A large spoon to mix and spatula (optional)
Oil brush
Cooling trays

You can choose whichever extra ingredients you like for the flapjacks to make them fruity or nutty or both. It's a great way to use up old dried fruit! We like to add either chopped dates and pecans or:

a handful of raisins
a handful of chopped apricots
a handful of mixed nuts (it's good to crush them first, walnuts and pecans are great for this recipe)
a small handful of chopped dates and dried cranberries
3 tablespoons of mixed seeds (sunflower seeds, pumpkin seeds, flaxseeds and sesame seeds)

How to make Busta's Banana Flapjacks!

Pre-heat your oven to 180 C

Put the bananas and olive oil into a mixing bowl and mash well with a fork or the hand blender (adult supervision may be necessary) until it's smooth and runny.

Add all the other ingredients and mix together.

Use a little olive oil to grease your trays using an oil brush. Spoon the mixture into the individual cup cake sections, to fill them half way, or smooth the mixture flat in the baking tray.

Put them in the oven (adult supervision may be necessary) for approximately 20mins until they are golden brown. Take them out of the oven (the trays will be very hot and so a grown up will need to help you with this!) and use a spoon to ease them out of the tray carefully so you can put them onto the cooling tray to cool for 30 mins. If you have used a flat tray instead cut flapjack sized pieces whilst it is still hot and leave to cool in the baking tray. When cool to the touch, remove each of the flapjacks carefully ideally with a spatula or with a spoon. **Enjoy! Yum yum yum!**

Send a picture of your Busta Banana Flapjacks to complete a Wastebuster Challenge and you could win a Wastebuster prize if it is published in Pongs Piccys in the Kids Bin: Busta@wastebusta.co.uk

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