

## Banana, Apricots, Date and Oat Bars

### Equipment needed –

Baking paper, oven proof dish, small knives, cutting boards, measuring spoons, large bowl, measuring cup and 3 small serving plates.

### Ingredients from the Garden –

- 1 cup of coriander, washed and finely chopped
- 2 eggs
- 2 teaspoons of finely grated lemon rind
- 2 tablespoons of lemon juice
- 2 tablespoons of parsley washed and finely chopped

### Ingredients from the Pantry –

- 3 large ripe bananas
- 3 cups of rolled oats
- ¼ cup of finely chopped dried dates
- ¼ cup of finely chopped dried apricots
- ¼ cup sunflower seeds
- 1 teaspoon of ground cinnamon
- 1 ½ teaspoons of vanilla extract

### What to do –

1. Preheat the oven to 180 ° C. and grease a baking pan with butter.
2. Line the pan with baking paper, extending the paper 2cm over the edge of the pan.
3. Peel and mash the bananas until smooth in a large bowl.
4. Measure out 3 cups of rolled oats and add to the bananas.
5. Finely chop ¼ cup of dried dates.
6. Finely chop ¼ cup of dried apricots.
7. Add the dates and apricots in with the oats and banana.
8. Measure out 1 teaspoon of cinnamon and add to the banana mix.
9. Measure out 1 ½ teaspoons of vanilla and add to the banana mix.
10. Stir well until combined.
11. Spoon the mixture into a prepared pan.
12. Using the back of the spoon, press the mixture evenly into the pan
13. Bake for 30-35 minutes or until golden. Cool completely
14. Cut into small bars to serve.
15. Divide onto 3 small serving plates.

### Serves –

- 24 students.