**Oaty Banana Bites**

**Ingredients**

3-4 ripe bananas

75g sultanas/ raisins

100g ground oats

180g low protein self-raising flour

½ tsp. cinnamon

**Equipment**

Large mixing bowl, wooden spoon, weighing scales, potato masher/fork, parchment paper, baking tray

**Preparation and cooking time**

Preparation time: 15 minutes

Cooking time: 15- 20mins

**Serving size**

Recipe makes 10 bites (1 bite = 1 portion= 1 exchange)

**Nutritional information**

Calories: 127kcals per bite

Allergens: sulphites (check sultana pack), gluten (oats)

No of exchanges: 1 exchange per 1 bite

**Method**

Pre heat the oven to 160°C.

In a large mixing bowl, mash the bananas using a potato masher or fork until there are no lumps and the mixture is as smooth as possible.

Stir in the flour, ground oats, raisins and cinnamon until well combined. If your mixture is runny and not very thick, add more low protein flour.

Mould the mixture into 10 balls and place onto a lined baking tray.

Bake for 15-20 minutes or until bites are firm to touch.

**Switches**

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| **To adapt the recipe to contain the following exchanges per portion** | **Add or replace** |
| 2 | Add an additional 100g of oats and reduce low protein flour to 80g (New recipe: 200g oats + 80g low protein flour) |
| The portion size of the recipe can easily be adjusted according to your baby’s appetite and protein requirements. Remember the exchanges are coming from the oats in this recipe.  **10g Oats = 1 Exchange** | |

**Chef’s tips**

These bites are a great on the go snack idea which are delicious when served with fresh fruit.

Why not substitute the raisins with cranberries or dried apricots.

The cinnamon can be replaced with mixed spice for an extra punch of flavour.

**Freezing**

Freeze a batch of oaty banana bites and defrost as required.