



Castaway bars!



What you need:

- 2 ripe bananas
- 12 tablespoons of rolled oats
- 3 tablespoons of dried fruit



What you do:

1. Mash the bananas and mix with the oats and fruit in a large bowl
2. Form the mixture into small bars - adding more oats if needed
3. Place bars in a foil tin to cook at home

(Cook for 10-15 minutes at 180°C/Gas Mark 4, until firm)