



Five Little Monkeys

Banana and Maple Syrup Granola Bars

INSTRUCTIONS

Ingredients needed:

200g unsalted butter or margarine

160g soft light brown sugar

3½ tablespoons maple syrup

450g rolled oats

1 banana mashed.

Optional extras - Chopped Pecans, Sunflower Seeds, dried Apple Pieces.

Monkeys love bananas and so do we. Especially when we have to mash them! Not only are these granola bars yummy to eat but they are also easy to make and packed with goodness.

1. Preheat the oven to 180°C/Gas Mark 4 and grease a shallow baking tray.
2. Melt the butter, maple syrup and brown sugar on a gentle heat in a saucepan until the butter has melted but the sugar is still grainy. Then add the mashed banana and mix in.
3. Add $\frac{3}{4}$ of the oats and mix in well before slowly adding the rest until you have got it to the thickness you require.
4. Tip the mixture into the baking tray and press down with a fork or the back of a spoon so that it is evenly spread all over.
5. If you wish your Granola Bar to be soft and chewy just bake for 20 minutes until it is a light-medium gold color. If you want it crispy then bake for a bit longer.
6. Loosen around the edge of the tray and mark out the granola bars after a few minutes of getting out of the oven. Leave in the tin until fairly cool before taking out.
7. Store in an airtight container for up to 10 days.