

# Blueberry breakfast bars

## Ingredients

Makes 12

- 2 tbsp butter or coconut oil, melted
- 150g 2 small bananas mashed
- 250g porridge oats
- 150ml milk
- 2 tbsp maple syrup
- 1 tsp vanilla essence
- 150g fresh or frozen blueberries
- 1-2 tsp cinnamon

## Method

1. Preheat the oven to 180°C/gas mark 4.
2. Grease an 8-10 inch square baking dish with a little butter or line with parchment paper.
3. Add all of the ingredients together, mixing in the blueberries last.
4. Pour the batter into the baking dish and cook for 25-30 minutes until golden brown.
5. Cool on a wire rack before slicing into 12 squares.
6. Try serving warm with a dollop of warm yoghurt - delicious!

## Beezee top tip:

You can use any berries you like. Try adding some nuts or seeds for protein and healthy fats too.

