**Banana and three seed energy bars**



**Makes:** 9. **Prep:** 10 Min. **Cooking:** 30 Min

Give yourself and your kids an instant energy boost the healthy way, with this fabulous banana and seed snack

**Ingredients**

* 100g unsalted butter
* 3 level tbsp golden syrup
* 2 bananas, about 250g in total
* 150g porridge oats
* 100g ready-to-eat dried apricots, roughly chopped
* 25g pumpkin seeds
* 25g sunflower seeds
* 25g sesame seeds

**Method**

* Preheat the oven to 180°C (Gas Mark 4). Lightly grease a 20 x 20cm baking tin and line the bottom with non-stick baking parchment.
* Warm the butter and syrup in a heavy-based saucepan over a medium heat for 5 minutes or until melted. Peel the bananas and cut into 1cm cubes. Remove the butter mixture from the heat and add the bananas and all the remaining ingredients. Mix thoroughly.
* Spoon the mixture into the prepared tin and level the surface. Bake in the oven for 20-30 minutes or until golden. The mixture will still be quite soft in the centre. Remove from the oven and leave to cool completely.
* When cold, use a sharp knife to cut into 9 equal squares. Transfer to an airtight container. Don’t try to remove the bars from the tin while they are still warm because they will break.

**Top tip for making Banana and three seed energy bars**

These energy bars are a great way to use up overripe bananas - and contain considerably less sugar than most commercial cereal bars. They'll provide an instant energy boost but without sending your blood sugar levels soaring sky high.

Taken from [www.goodtoknow.co.uk/recipes](http://www.goodtoknow.co.uk/recipes)