

## *Banana & sultana oat bars*

Made with whole foods and oozy Werther's Original Sugar Free Creamy Toffees, these flavourful flapjacks will be the perfect pick-me-up any time of day



[www.werthers-original.uk](http://www.werthers-original.uk)

### **Ingredients**

Enjoy our delicious Banana & sultana oat bars.

- 100g coconut oil
- 50g any nut butter (we used crunchy peanut butter)
- 1 ripe banana, mashed
- 1 free-range egg
- 50g pecans, roughly chopped
- 50g sultanas
- 200g oats
- 80g Werther's Original Sugar Free Creamy Toffees, roughly chopped

### **Preparation Steps**

- 1.** Heat the oven to 180C/160C fan/gas 5 and line a 20cm square baking tin with baking parchment.
- 2.** Melt the coconut oil and nut butter in a small pan over a medium-high heat until fully combined. Transfer to a large bowl, then add the mashed banana and beat in the egg. Stir through the pecans, sultanas and oats, then the Werther's Original Sugar Free Creamy Toffees.
- 3.** Pour the mixture into the lined tin and bake for 25 mins.
- 4.** Allow to cool, then cut into 16 squares. Store in an airtight container for up to 3 days.

### **Additional Information:**

Makes: approx. 16 servings

Prep Time: 35 minutes