

FESTIVE BANANA OAT COOKIES



Cranberries are used at Christmas to add a sweet and tangy flavour to our meals and we think they're perfect combined with cinnamon in these festive bakes!

This recipe for Festive Banana and Oat Cookies is a winner, and perfect for celebrating the Christmas season. You could also try adding almond or orange flavouring, or some orange zest.



Skills Check: Follow a recipe; follow food safety and hygiene rules; tidy away; use a timer; use measuring spoons and cups; use weighing scale; use a box grater safely; use the oven (with adult supervision).

Equipment: Baking tray, Greaseproof paper, Measuring spoons, Mixing bowl, Spoon, Box Grater, Weighing scales, Fork

Allergens*: Gluten | May contain: Sulphites

Ingredients (makes 15 biscuits):

- 2 large, ripe bananas
- 160g porridge oats
- 1/2 tsp cinnamon
- 40 g dried cranberries
- Zest of 1 orange

Method

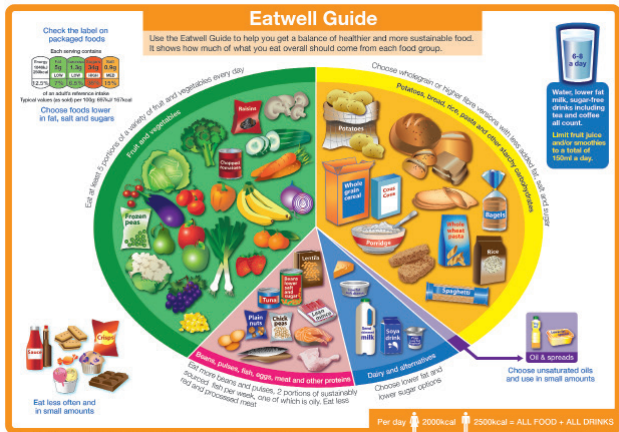
1. Preheat the oven to 180°C /Gas Mark 5-6 and put greaseproof paper on the baking sheet.
2. Unpeel the bananas and place in a large bowl, mash them well with the fork.
3. Add the ground cinnamon if using and mix into the bananas.
4. Add the oats and stir well so there are no dry bits.
5. Carefully remove the zest of the orange using a grater.
6. Stir in the orange zest and dried cranberries.
7. Put spoonfuls of the mixture onto the lined baking sheet in the size you want the cookies to be and flatten if necessary (NB - they will stay the same size and won't rise).
8. Bake for 15 mins until golden.
9. Leave to cool for 10 minutes before eating.

**Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*



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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Festive Cookies ...

Bananas are a nutritious and filling fruit, providing an excellent source of potassium (good for blood pressure regulation) and vitamin B6, as well as being a source of fibre



Oats provide starchy carbohydrate, which gives us slow-release energy, and are a good source of fibre, vitamins and minerals.



Berries are high in fibre and are packed with lots of different substances called phytochemicals. Phytochemicals can help protect our bodies against disease.

Energy, sugar, fat and salt per serving

Per 21g serving/biscuit

ENERGY	258kJ / 61kcal	3%
FAT	0.9g	1%
SATURATES	0.1g	1%
SUGARS	3.9g	4%
SALT	0g	0%

% of an adult's reference intake
Typical values per 100g : Energy 1195kJ / 283kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.