

Have Fun

Banana & Chocolate Flapjack



Shopping List:

3 ripe bananas
250g oats
**70g oat flour (oats
blended in blender)**
**½ teaspoon baking
powder**
1 teaspoon cocoa powder
**50g smooth peanut
butter**
70g dark chocolate chips
**1 tablespoon of maple
syrup**

Gather Utensils:

1 stainless steel bowl.
A weighing scales.
A wooden spoon.
A tablespoon.
A teaspoon
A baking tray.
Parchment paper.
A spatula.
A blender



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Step 1.

**Preheat the oven to
180degrees Celsius.**



Step 2.

Peel three bananas.



Step 3.

**In a bowl mash the
bananas together with
a fork.**

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Step 4.

Weigh out 70grams of oats and add to a blender to make flour.



Step 5.

Add your oat flour to the bowl.



Step 6.

Weigh 250grams of oats and add to the bowl



Step 7.

Add half a teaspoon of baking powder to the bowl.

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Step 8.

Add 3 tablespoons of peanut butter.



Step 9.

Add one tablespoon of maple syrup to the bowl.



Step 10.

Add 50g of chocolate chips to the bowl and mix with a spatula.



Step 11.

Line your tray with baking paper.

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Step 12.

Add flapjack mix from the bowl to the baking tray.



Step 13.

Bake in the oven for 20-25 minutes.



Step 14.

Allow to cool outside the baking tray for 10 minutes and enjoy !