



HOST
OLYMPIA LONDON

Perfect for
EASTER

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**HAPPY
EASTER**

FRUIT & NUT OAT COOKIES V

INGREDIENTS

180g banana, mashed
1 tsp vanilla essence
Pinch of cinnamon
50ml oil
50g honey
1/2 lemon, zest & juice
1/2 lime, zest & juice
1/2 orange, zest & juice
200g oats
20g chia seeds
50g mixed chopped nuts
50g raisins
75g dried apricots, chopped

MAKES 10

METHOD

1. Mix banana with vanilla, cinnamon, oil and honey. Then add oats, chia seeds, mixed nuts, dried fruits, citrus zest and 2 tsp of each fruit juice.
2. Mix together well with your hands, then form into 10 cookies.
3. Place on a lined baking tray and bake for 20-30 mins, or until golden brown.



Per portion: Energy 912 kJ/216 Kcal Fat 9.4g Saturates 1.3g Sugars 14.8g Salt 0.04g

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