



Cranberry Oat Brekkie Bites

EASY • 40 MINS

Packed full of bananas, oats, tahini, pure Capilano Honey and cranberries, these biscuits are the ultimate morning breakfast on-the-go!



SKILL LEVEL
Easy

PREP TIME
25 mins

COOKING TIME
15 mins

SERVINGS
12

Ingredients

- 3 large ripe bananas, mashed
- ¼ cup tahini paste
- 90g (⅓ cup) Capilano Honey

Method

1. Preheat oven to 180°C (fan-forced) and line 2 baking sheets with baking paper.

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- 1 teaspoon vanilla extract
- 2 ½ cups rolled oats
- 1 teaspoon baking powder
- ¼ teaspoon ground cinnamon
- ¼ teaspoon salt
- 1/3 cup dried cranberries

Used in this recipe

Method

2. In a large bowl, combine bananas, tahini, Capilano Pure Honey and vanilla extract and stir until smooth. Add the oats, baking powder, cinnamon, salt and cranberries and stir until combined.
3. Roll 2 tablespoon-sized amounts of the mixture between your hands to form a ball, then place on the baking sheets 4cm apart and flatten with your hands.
4. With a rolling pin, roll out dough into a large rectangle about 1/2cm thick. Combine melted butter, honey and cocoa powder and whisk until well combined (this may take a minute or 2). Spread mixture evenly over dough.
5. Bake for 12-15 minutes or until oats are lightly golden. Remove from oven and set aside to cool.

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