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	PREP TIME	COOKING TIME	SERVINGS
Easy	25 mins	15 mins	12

Ingredients

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

Method

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

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!

- 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



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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.