

Homemade Banana Cereal

Recipe recommended by Yasmine Fella
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MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	972kj	12%
Energy (kcal)	231kcal	12%
Fat	4.8g	7%
of which saturates	1.4g	7%
Carbohydrate	39g	15%
of which sugars	11g	12%
Fibre	4.7g	19%
Protein	5.7g	11%
Salt	0g	0%

Generated by Nutritics v5.61 on 09/09/2022

INGREDIENTS: (Serves 3, 280kcal per 122g)

- 2 medium bananas, mashed
- 150g of certified gluten-free oats
- 1tsp cinnamon
- 1tsp nutmeg
- 10g of dark chocolate cut into small pieces (may contain **MILK**)

METHOD:

1. Add your bananas, oats, cinnamon and nutmeg into a mixing bowl and wait until a mouldable consistency is formed
2. Then add your dark chocolate pieces to the mixture
3. Roll the mixture into bite sized balls and bake in the oven/air fryer for 10-15 minutes at a medium heat.

ALLERGENS



MILK

MODIFY

Switch oats for buckwheat grains for gluten-free

CREDIT

Recipe by: Yasmine Fella
Photo by: Yasmine Fella