Fibre-Rich Banana Bites

Chewy, cinnamon-scented bites that tick both the delicious and nutritious boxes.

Made with oats, psyllium and seeds to boost fibre intake, these little bites help nourish beneficial gut bacteria and support steady blood sugar, mood and brain health. With minerals and naturally anti-inflammatory fats, they're also wonderfully satisfying - the kind of sweet food that actually helps you feel nourished.

And the best bit? They're a total doddle to make.

Makes around 25 bites

Ingredients

- 2 large ripe bananas
- 85 g olive oil
- 100 g maple syrup or warmed honey
- 300 g whole rolled oats
- 4 tsp psyllium husk powder
- 75 g pumpkin seeds (pepitas)
- 75 g sesame seeds
- 75 g black chia seeds
- 75 g sunflower seeds
- Cinnamon, for dusting

Method

1. Heat oven to 180ºC fan (or 200ºC regular). Line two trays.
2. Mash bananas, then mix with oil and maple syrup.
3. Stir in oats, psyllium and seeds until well combined (yes, it's sticky!).
4. Take tablespoonfuls, squeeze firmly and roll into balls.
5. Place on trays, flatten gently with a fork and dust with cinnamon.
6. Bake for ~20 minutes until golden. Keep an eye on them.
7. Cool completely before storing - soft and chewy inside, crisp outside.

Emma Ellice Flint

Nutritionist | Author | Presenter

www.emmasnutrition.com

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