



Banana and Poppy Seed Cake Bars

NIBBLEDISH CONTRIBUTOR

Ingredients

Makes 12 bars (9 x 13" traybake):

- 2 bananas
- 50g poppy seeds
- 250g low fat/fat free natural yogurt
- 125ml skimmed milk
- 125g rolled oats

- 125g brown sugar
- 100g plain flour
- 1/2 tsp baking powder

Instructions

1. Mash one of the bananas into small bowl, then mix in the sugar and milk.
2. In a large mixing bowl, sift in the flour and baking powder. Mix in the oats and poppy seeds.
3. Pour in the banana mix, folding in well. Stir in the yogurt.
4. Carefully pour the mixture into a lined traybake and level out. Chop the other banana into 24 thin slices and arrange on top, so that there'll be 2 slices per bar.
5. Bake at 200 degrees C for about 20 minutes.
6. Leave to cool, then slice into 12 bars.

