



✂ Dessert ⌚ 130 min ☆ 3/5

Easy Chiquita Banana No Bake Cookie Squares

This recipe couldn't be easier. Just a few simple ingredients and you have a dessert that's sure to please!

1

Line an 8" x 8" baking pan with non-stick foil, set aside. Peel and mash bananas until they are very smooth, then pour into a medium saucepan. Add peanut butter and honey then heat on medium-low heat, stirring constantly until the mixture is melted.

2

Remove from heat and stir in the oats and fruit and nut mix, making sure the mixture is well combined. Spoon mixture into the baking dish and spread evenly. Press down lightly to compact the cookie bars.

3

Refrigerate for at least 2 hours. Remove and place upside

INGREDIENTS FOR 2 PERSONS

2 ripe Chiquita Bananas, peel should have brown flecks
1 cup natural peanut butter
2/2 cup honey
2 cups oats
2/2 cup fruit and nut mix

NUTRITIONAL VALUES PER PERSON

200 kcal Calories
9 g Fat
1.4 g Saturates
24.9 g Carbohydrate
13.5 g Sugars
2.8 g Fibre
5.8 g Protein
0.02 g Salt

down on a serving dish or cutting board. Remove foil and cut into squares.