

BANANA & OAT BISCUITS



These biscuits are great for lunch boxes as they are naturally sweet, fun to make with your kids and budget friendly.

INGREDIENTS

- 2 ripe bananas, mashed
 - 1 cup oats (quick or rolled)
 - ½ tsp cinnamon
- Optional extras:
- 2 tbsp sunflower seeds
 - 2 tbsp desiccated coconut
 - A handful of choc chips (for a treat)



DIRECTIONS

- Preheat oven to 180°C and line a baking tray with baking paper.
- In a bowl, mash the bananas until smooth.
- Mix in oats, cinnamon, and your chosen extras.
- Scoop equal sized balls onto the tray and flatten slightly with a fork.
- Bake for 12-15 minutes until golden and firm.
- Cool and store in an airtight container.



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LUNCH BOX NOTES

"You are wonderfully made —
dream big and shine bright!"

Psalms 139:14

Shine
Bright



"Let your
kindness be
a light in
someone's day."
Matthew 5:16



**YOU CAN DO
HARD THINGS**

"With faith and hope,
nothing is impossible."
Luke 1:37



"Remember,
God's plans
for you are
full of hope."
Jeremiah 29:11

"Be brave,
be strong,
and trust
God's love
every day."
Joshua 1:9



"Small acts of love
can change the world."
1 Corinthians 13:4-7

"You have a special purpose
— keep dreaming!"
Ephesians 2:10

dream



"Be a light
and a friend
to those who
need you."
John 13:34-35

"Keep hope alive —
God is with you always."
Isaiah 41:10



**IT'S COOL
TO BE KIND**

"God's love
helps us grow
strong and kind."
Galatians 5:22-23