



Cranberry Oat Brekkie Bites

EASY • 40 MINS

Packed full of bananas, oats, tahini, Capilano Organic Raw Honey and cranberries, these biscuits are the ultimate morning breakfast on-the-go!



SKILL LEVEL
Easy

PREP TIME
25 mins

COOKING TIME
15 mins

SERVINGS
12

Ingredients

- 3 large ripe bananas, mashed
- ¼ cup tahini paste
- 90g (⅓ cup) Capilano Organic Raw Honey

Method

1. Preheat oven to 180°C (fan-forced) and line 2 baking sheets with baking paper.

Visit capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

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- 1 teaspoon vanilla extract
- 2 ½ cups rolled oats
- 1 teaspoon baking powder
- ¼ teaspoon ground cinnamon
- ¼ teaspoon salt
- 1/3 cup dried cranberries

Used in this recipe



Organic Raw Honey

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste

Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic

This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

Method

2. In a large bowl, combine bananas, tahini, Capilano Organic Raw Honey and vanilla extract and stir until smooth. Add the oats, baking powder, cinnamon, salt and cranberries and stir until combined.
3. Roll 2 tablespoon-sized amounts of the mixture between your hands to form a ball, then place on the baking sheets 4cm apart and flatten with your hands.
4. With a rolling pin, roll out dough into a large rectangle about 1/2cm thick. Combine melted butter, honey and cocoa powder and whisk until well combined (this may take a minute or 2). Spread mixture evenly over dough.
5. Bake for 12-15 minutes or until oats are lightly golden. Remove from oven and set aside to cool.

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