



Healthy Choccie Breakfast Bars Shopping list.




1   
1 banana



  
oats



  
Honey or sugar



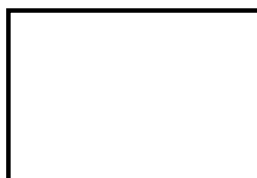
  
vanilla extract




  
milk




  
cocoa powder

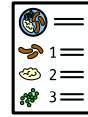


  
egg






















  
chocolate chips





## Healthy Choccie Breakfast Bars recipe

<h1>1</h1>	  <p>180°C</p>  <p>8"</p> <p>Turn on the oven to 180 degrees. Line an 8" baking tray with greaseproof paper.</p>  
<h1>2</h1>	    <p>Peel and mash the banana in a bowl.</p>
<h1>3</h1>	  <p>Break the egg into the banana.</p>
<h1>4</h1>	  <p>4</p>   <p>Pour in 400ml milk, 4 tablespoons sugar or</p>   <p>honey, and 1 teaspoon</p>   <p>vanilla extract. Whisk together.</p>

5



Mix in 250g oats and 40g cocoa powder.

6



Scrape the mixture into the lined baking tray.

7



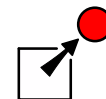
Sprinkle chocolate chips on top.

8



Bake for 30 minutes.

9



It's hot! Use oven gloves to take it out of the



oven. Wait 10 minutes for it to cool.

10

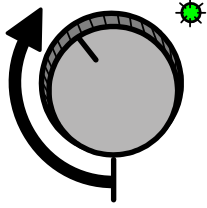


Cut the bars into squares. Eat and enjoy!

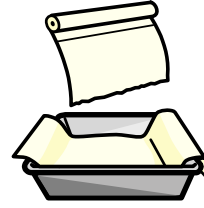


# Healthy Choccie Breakfast Bars

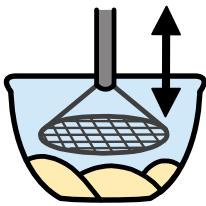
Chop up these cards and use for ordering, sequencing and deciding what comes next. You could give the child a choice of two.



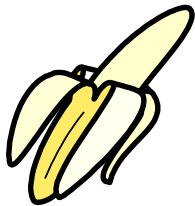
Oven on



Greaseproof paper



Mash



banana



Break egg



Milk,



honey,



vanilla



Oats



and



cocoa



Mixture



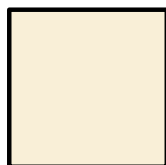
in baking tray



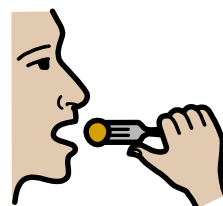
Bake



Cut



into squares



Eat