

Banana Oat Bar Recipe

(one of our favorite Nursery snacks)

4-5 VERY ripe medium bananas (you can still have fun with any banana, but the flavor is best when the bananas are black. Thawed frozen bananas works too).

2 cups oats no substitutes, but quick or old fashioned oats both work

2/3-ish cup oil (we use coconut, but any mild oil will work) amount depends on how smushy the bananas are

1. Mash bananas, stir until they're as smooth as you can get them.
2. Add oil. Stir.
3. Add oats.
4. Add other options (some listed below)

IMPORTANT!

Let the "batter" sit at room temperature for about 20 minutes. You can go ahead and spread it in the pan, but it needs to set to soften the oats. Quick oats need maybe 10-15 minutes, but let the old fashioned one rest for up to 30 minutes.

Spread evenly in a 9x13 pan. Or use a mini muffin tin pan. Or drop onto a cookie sheet.

Probably grease the pans first, especially the muffin pan.

Cook at 350 for 20 ish minutes.

You can smell when they are almost done!

Cut into bars if in the 9x13 pan.

Eating them warm is best.

Options to add in:

Fresh berries

Dried fruit: raisins, dates, craisins, etc

Coconut

Any chopped nuts

Chopped apple or pear

Cinnamon

Vanilla

Chocolate chips

Butterscotch chips

You can substitute applesauce for the bananas, but increase the oats a bit, maybe a 1/4 cup

Children love to smush the bananas, pour in the pre-measured oats, fruit and oil (if the oil is room temperature)! It is really hard to mess these up, but they are best eaten fresh, they get dry and crumbly when they are more than a few hours old. They rarely last that long in the Nursery! It might be fun to see if they can be “twice baked” into crunchy granola-bar style treats.

Making this recipe together (or any simple recipe that your family enjoys) can nurture all of the Lower Senses:

Life: Nibbling on the ingredients, smelling the cooking food, eating (or even tasting if it’s not a favorite!) and especially the nearness of being with you.

Touch: Obviously the sensation of squishing the bananas, even if only “felt” through the action of the spoon or potato masher, but also the feel of the stirring spoon against the bowl, the warmth near the hot oven, and--You guessed it!-- the physical and emotional closeness as you prepare the food together.

Balance: The stirring gesture is a foundational movement that will actually entertain young children, even if they only want to watch.

Sing whatever you know for a verse to indicate when to shift stirring turns, even Patty Cake works.

Or:

The Muffin Man

Aiken Drum

Simple Simon

Polly Put the Kettle On

Self-Movement (proprioception): Again with the stirring, pouring and smushing, but also they can carry many things from the pantry or refrigerator to the table or counter. If you send them back and forth with each single item, you can make this project last for a while.

We hope you enjoy making oat bars together!