

Banana Oat Energy Bars (Low FODMAP)

Naturally sweet, chewy energy bars made with just 5 simple ingredients. Perfect for IBS-friendly snacking on the go, with no refined sugar needed!

Prep: 15 min

Cook: 30 min

Total: 135 min

Servings: 12

Low FODMAP ✓

Ingredients

100g, plus extra for greasing the tin butter

2 tablespoons (pure maple syrup, not pancake syrup) maple syrup

200g (use certified gluten-free if needed) rolled oats

100g (golden raisins work equally well) sultanas

2 large, mashed until smooth (about 200g peeled weight total) ripe bananas

Instructions

Step 1: Prepare your baking tin

(5 min)

Preheat your oven to 190°C (375°F or 170°C fan-forced). Generously grease a 20cm square baking tin with butter, then line it with baking paper, allowing the paper to overhang the sides slightly for easy removal later. Alternatively, use a silicone baking liner for even easier cleanup.

Step 2: Melt the butter and syrup

(2 min)

Place the butter and maple syrup together in a large microwave-safe bowl. Microwave on high for 40 seconds, then stir well. If the butter hasn't completely melted, return to the microwave in 10-second intervals until fully liquefied and the mixture is smooth. The residual heat will help combine the ingredients evenly.

Step 3: Combine all ingredients

(3 min)

Add the oats, sultanas, and mashed bananas to the melted butter mixture. Using a sturdy wooden spoon or silicone spatula, mix thoroughly until every oat is coated and the mixture is evenly combined. The bananas should be well distributed throughout, creating a sticky, cohesive mixture that holds together when pressed.

Step 4: Press and prepare for baking

(5 min)

Transfer the oat mixture into your prepared baking tin. Using the back of a spoon or your hands (lightly dampened to prevent sticking), press the mixture firmly and evenly into the tin, ensuring the corners are well filled and the surface is level. Cover the tin tightly with aluminum foil to prevent the top from browning too quickly.

Step 5: Bake to perfection

(30 min)

Bake the covered tin for 20 minutes, then carefully remove the foil and continue baking for an additional 10 minutes. The bars should be golden brown around the edges and set in the center when done. The total baking time is 30 minutes.

Step 6: Score and cool

(90 min)

Remove the tin from the oven and, while still warm, use a sharp knife to score the surface into 12 equal pieces, cutting about halfway through the depth. Don't cut all the way through yet—this scoring makes clean cutting much easier once cooled. Allow the bars to cool completely in the tin, which will take about 1-2 hours. Once fully cooled, use the scored lines to cut through into individual bars.

Step 7: Store properly

Store the cooled bars in an airtight container at room temperature for up to 3 days. For longer storage, wrap individual bars in parchment paper and freeze for up to 2 months. Thaw at room temperature for 30 minutes before enjoying.