

# BANANA ROLLUPS



## QUICK

About 5 mins  
prep time  
4 hours cooking

## HEALTHY

By dehydrating the  
bananas, you tend to  
eat more, so be aware  
that there is more fibre  
but more sugar too

## FAMILY

Where are the banana  
rollups? All gone? These  
won't last long!

## MEALS

Very transportable  
as a sweet chewy,  
snack

## INGREDIENTS

- 4-5 overripe bananas

## METHOD

- 1) Put the oven on to 80°C (Fan oven)
- 2) Peel bananas
- 3) Put into a blender or food processor
- 4) Whizz till smooth
- 5) Pour onto a lined oven tray approx. 30 x 38 cm
- 6) Spread out till approx. 2-3 mm thick
- 7) Shake gently to even out the mixture
- 8) Cook for approx. 4 hours till not sticky to the touch and you can easily peel it off the tray
- 9) If the middle is still sticky – tear off the bits that are ready and pop the middle back into the oven for another 30 mins
- 10) Tear/ roll/ eat



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more  
Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)