

Banana, Honey, and Cinnamon Flapjacks



Ingredients:

2 large bananas (mashed)

60g butter

2 tbsp honey

240g oats

2tsp cinnamon

Heat your oven to 180°C/gas mark 5 and line a medium sized baking tin/tray with greaseproof paper.

In a large bowl, add the oats, the bananas, honey, and cinnamon.

In a pan, melt the butter and pour over the oat mixture.

Stir to combine well and spread out in your tin. Press down with the back of your spoon.

Bake in the oven for 30 minutes.

When the flapjacks come out of the oven, leave to cool completely, then cut into rectangles or squares and remove from the tin.

Bananas are a good source of potassium and magnesium, which can help us to sleep. They also contain tryptophan and this encourages the brain to release the sleepy hormone melatonin. Sleepy spices such as cinnamon or nutmeg can further increase these flapjacks' sleepy benefits. Other fruits which help us to sleep are apples and cherries. Oats, like most grains, are another good sleepy food. They too encourage our brains to release melatonin because of their tryptophan content. For a variation, replace the butter with peanut butter for a super-charged sleepy flapjack.

You may have noticed that these flapjacks have no sugar added. This is because, despite people in the 16th and 17th centuries believing sugar could aid sleep due to its warm and moist nature, too much sugar before bed can keep us awake. Replacing this with honey and banana means these are not overly sugary.