

Homemade cereal bars

Makes 16 bars

Equipment

Baking tin, grease proof paper, saucepan, spoon, bowl, knife

Ingredients

75g nuts e.g. cashews or almonds or walnuts

100g mixed seeds

250g rolled oats

8 dates

100g dried apricots

100ml maple syrup

4 tablespoons of 100% nut butter e.g. almond or peanut

150ml water

Method

1. Preheat the oven to 180°C/350°F/gas 4. Line a baking tray with the greaseproof paper and set aside.
2. Chop the nuts and dried apricots. In a bowl combine the chopped nuts, mixed seeds, chopped dried apricots and oats. Set aside.
3. Roughly tear up the dried dates and place them in the saucepan. Add in the maple syrup, nut butter and 150ml water to the pan. Gently heat the mixture for 10 minutes while gradually mashing the dates with the back of your spoon. You should end up with a sticky sauce.
4. Pour the sticky sauce over the nut/seed and oat mixture. With the spoon stir the ingredients so that the oats and nuts are covered in the sticky sauce.
5. Once combined, tip the mixture into the lined baking tray and pat down with the back of the spoon to ensure a flat even layer.
6. Bake for 15- 20 minutes or until golden brown. Once the mixture has cooled slightly cut the slab into 16 even portions. Store in tin/sealed pot so that they last for the whole week.

