

# Granola Bars



# Ingredients list

- 100g butter, plus extra for greasing
- 200g porridge oats
- 100g sunflower seeds
- 50g sesame seeds
- 50g chopped walnuts
- 3 tbsp honey
- 100g light muscovado sugar
- 1 tsp ground cinnamon (school can provide)
- 100g dried cranberries, cherries or blueberries, or a mix

# Equipment list

- Flat non-stick baking tray
- Square baking tin
- Greaseproof paper
- Saucepan
- Plastic spoon
- Tbsp measuring spoon (to share with others)
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- Sharp knife

# Method

1. Heat oven to 160C/gas 3. **Put on the blast chiller.**
2. Mix the oats, seeds and nuts on a flat baking tray, then put in the oven to toast (this increases the flavour in the bars).
3. Meanwhile, warm the butter, honey and sugar in a pan, stirring until butter is melted.
4. Add the oat/nut mix, cinnamon and dried fruit, then mix until all the oats/nuts are well coated.
5. Line a 18 x 25cm tin with the greaseproof paper overhanging the sides
6. Tip mixture into the tin, press down lightly, then bake for 25 mins (until golden but not browned!)

**They should still be soft as when they cool they solidify A LOT!**

7. Cool in the tin in the blast chiller. Once cold, cut into 12 bars (do not try to cut them if they are still hot as they will not hold together)

