

Fruity Granola Cereal Bar

You will need -

Scales
Knife
Spoon
Bowl
Saucepan
Baking Tin
Greaseproof Paper

Ingredients –

50g Unsalted Butter	100g Sugar
150g Jumbo Oats	75g Dried Fruit
40g Desiccated Coconut	40g Pumpkin Seeds
30ml Clear Honey	Teaspoon of Cinnamon

Remember your personal portion sizes when cutting into sections.

Getting Started -

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace
- Washed and drained your ingredients

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands



Fruity Granola Cereal Bar

Method -

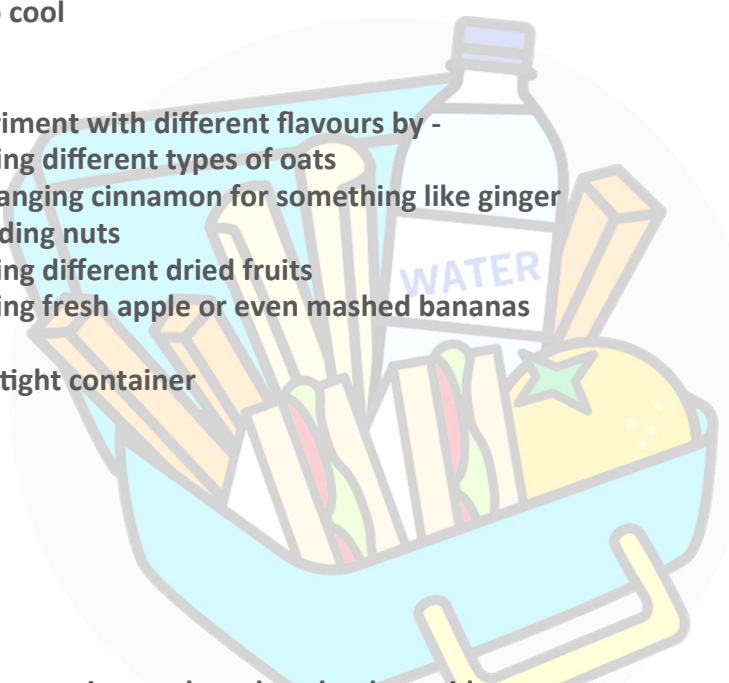
1. Pre heat your oven to 180degrees
2. Line your baking tin with greaseproof paper (rub some butter to the bottom to stop the paper moving)
3. Mix the oats, pumpkin seeds, coconut, dried fruit and cinnamon together in a bowl
4. On your chopping board cut your butter into cubes and leave at room temperature
5. In the saucepan over a low heat melt the butter, honey and sugar
6. Stir until fully melted and combine - remove from the heat
7. Add your oat mix and stir until combined
8. Pour the mixture into your baking tin and use the back of the spoon to spread evenly
9. Place in the centre of the oven and bake for 20mins or until lightly brown
10. Cut into finger portions whilst still hot
11. Leave to cool

Notes -

You can experiment with different flavours by -

- using different types of oats
- changing cinnamon for something like ginger
- adding nuts
- using different dried fruits
- using fresh apple or even mashed bananas

Store in an airtight container



Find more recipe cards and cook-a-long videos at -

www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme