

Granola Bars

Ingredients - Makes 24

180g dates, stones removed
250ml runny honey
250g rolled oats
120g sunflower seeds
60g pecans, roughly chopped
60g dried apricots, roughly chopped
120g desiccated coconut
100g chia seeds

Oil or softened butter for greasing

Method

1. Preheat the oven to 180C/160 Fan.
2. Place the honey and dates in a small pan and heat for 5-6 minutes until they come to a boil and are bubbling away nicely.
3. Carefully transfer the dates and honey to a small food processor and blend until it becomes a sticky paste.
4. Place the oats in a large mixing bowl and add the sunflower seeds, pecans, apricots, coconut and chia seeds.
5. Add the date paste to the dry ingredients and mix them together really thoroughly.
6. Lightly grease and line a 22cm x 32cm shallow baking tray with parchment paper (leave some excess paper over the sides as they'll act like handles when you want to pull the mixture out later).
7. Bake in the oven for 35-40 minutes.
8. Remove from the oven dish and allow the mixture to cool completely before slicing it in to your preferred bar shapes.
9. The bars can be stored in an airtight container for up to 5 days - if they last that long!

Keep your energy up with these delicious granola bars!

