



Make your own Cereal Bar Recipe

Makes 12 x 30g bars

Ingredients:

- 102g Oats
- 42g Rice crispies
- 72g Raisins
- 42g Golden Syrup
- 12g Honey (or agave syrup)
- 18g Butter (or dairy-free spread)
- 12g White sugar

Equipment

- Large bowl
- Weighing scales
- Saucepan
- Spatula
- Lined tray (9 x 9 inch)

Method

1. In a large bowl, weigh out your oats, rice crispies and raisins.
2. Add the golden syrup, honey, sugar & butter (or alternatives) to a saucepan and stir on a medium heat until the sugar has all dissolved.
3. Pour the syrup over the oats, raisins & rice crispies and mix the ingredients with a spatula until everything is completely coated.
4. Press the mixture firmly into a small tray lined with baking parchment.
5. Leave in the fridge for 2 hours to set or for even better result, leave it over-night.
6. Cut up into 12 cereal bars and enjoy!

Top Tips:

- Swap raisins for dried cranberries, shredded coconut, nuts...whatever ingredients you fancy!
- Make sure that you press the mixture down very firmly so that your bars don't fall apart.
- Any oats will do for this recipe as long as they've been "rolled". Look for 'rolled', 'porridge' or 'jumbo' oats.
- If you're not going to enjoy your cereal bars all at once, they're best stored in the fridge.

Nutritional Information

	Energy (kj)	Energy (kcal)	Total fat	Saturates	Carbohydrate	of which Sugars	Fibre	Protein	Salt
per 100g	1605	380	7.6	1.7	69.6	33.9	4.8	5.9	0.3
per 25g bar	401	95	1.9	0.4	17.4	8.5	1.2	1.5	0.1