

Breakfast Bars

(Recipe adapted from BBC Good Food Website)

An easy no bake recipe for delicious and healthy breakfasts on the go. Great for when you are running late, or an afternoon snack.

Ingredients

- 50g mixed dried fruit (a mixture of raisins, sultanas and apricots is nice)
- 50g mixed seed
- 140g breakfast cereal
- 25g multi-grain hoop cereal
- 100g butter
- 100g light muscovado sugar
- 100g golden syrup



Instructions

1. Grease and line a 20cm square cake tin with baking parchment.
2. Put the dried fruit in a mixing bowl. Add the seeds, and cereal, and mix well.
3. Put the butter, sugar, and golden syrup in the saucepan. Cook gently on the hob, stirring with the spatula, until the butter and sugar are melted.
4. Remove from the heat and pour the dry ingredients into the saucepan. Mix well until all the ingredients are coated with the syrup mix.
5. Fill the baking tin with the mixture. Use the spatula to press the mix down evenly. Leave in the fridge to set. Store in an airtight tin for up to 3 days – *if they last that long!*



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