

APRICOT OATY BREAKFAST BARS



INGREDIENTS

410g can **Princes Apricot Halves in Syrup**
 125g butter, plus extra for greasing
 125g honey
 350g porridge oats
 Pinch of salt
 50g sultanas or raisins
 30g mixed seeds (pumpkin, sunflower and sesame)
 30g flaked almonds
 2 large eggs, beaten

Serves
15

Prep
15 minutes

Cooking
30 minutes

Serve these nutritious fruit, nut and seed bars as a quick and tasty way to enjoy breakfast on the go. They are ideal for snacks, picnics and packed lunches too!

Cooks Tip:

Keep in an airtight tin for up to 7 days.

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	308kcal	14g	15g	6.7g	0.14g
R1%	15%	16%	21%	34%	2%

METHOD

1. Drain the apricots thoroughly, then chop into small pieces. Set aside.
2. Preheat the oven to 180°C, fan oven 160°C, Gas Mark 4. Grease a 25x20cm shallow rectangular baking tin with a little butter.
3. Melt the rest of the butter in a large saucepan, then stir in the honey. Remove from the heat and add the porridge oats, salt, sultanas or raisins, chopped apricots, mixed seeds and almonds.
4. Stir in the beaten eggs, mixing thoroughly. Tip the mixture into the prepared tin and level the top.
5. Bake for 25-30 minutes until firm and golden. Cool on a wire rack, then cut into 15 squares.

