



Fruit 'n' Nut Bar

(+ 1 small piece of fruit such as an apple, kiwi or a mandarin)

Makes 12 bars (1 bar per serving plus 1 small piece of fruit contains approximately 200 kcal – only have one bar or oaty banana bun or slice of banana bread with a piece of fruit a day)



Ingredients

235g porridge oats
1 egg
130g apple compote (shop-bought or see separate recipe)
250ml low fat milk (1.5% fat)
1 ½ teaspoons baking powder (7.5g)

1 tablespoon honey (15g)
1 teaspoon vanilla extract (5g)
60g raisins
30g chopped mixed nuts

Method

Preheat the oven to 160°C/325°F. Line a 17.5cm square baking tin with parchment paper.

Place all the ingredients in a large bowl. Using a wooden spoon, stir until evenly mixed.

Pour into baking tin and place in the oven. Bake for 25-30 minutes until golden brown. To test, insert a skewer or toothpick into the centre of a square and it should come out clean. The square will also smell cooked and be springy to the touch. Leave to cool completely in the tin and then cut into 12 even-sized bars.

Arrange a fruit 'n' nut bar on a plate with a piece of fruit to serve.

* Suitable for vegetarians