



Breakfast bar

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

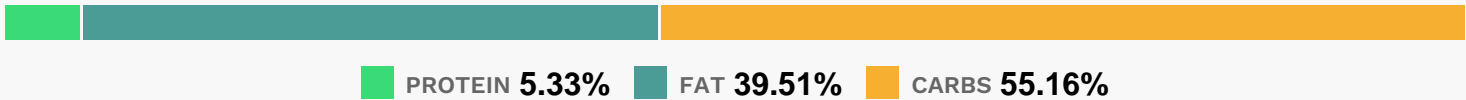
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ cake form
- ☐ spatula

Directions

- ☐ Grease and line a 20cm square cake tin with baking parchment.
- ☐ Put the dried fruit in a mixing bowl.
- ☐ Add the seeds, oats and cereal, and mix well.
- ☐ 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.
- ☐ Remove from the heat and pour the dry ingredients into the saucepan.
- ☐ Mix well until all the ingredients are coated with the syrup mix.
- ☐ Fill the baking tin with the mixture. Use the spatula to press the mix down evenly.
- ☐ Bake at 160C/140C fan/gas 3 for 20 mins, then leave to cool completely before cutting into squares or fingers. Store in an airtight tin for up to 3 days if they last that long!

Nutrition Facts



Properties

Glycemic Index:21.14, Glycemic Load:8.09, Inflammation Score:-3, Nutrition Score:5.140869534534%

Nutrients (% of daily need)

Calories: 198.22kcal (9.91%), Fat: 8.91g (13.71%), Saturated Fat: 4.57g (28.58%), Carbohydrates: 27.99g (9.33%), Net Carbohydrates: 24.85g (9.04%), Sugar: 16.89g (18.77%), Cholesterol: 17.92mg (5.97%), Sodium: 67.07mg (2.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.41%), Manganese: 0.61mg (30.4%), Fiber: 3.14g (12.58%), Phosphorus: 93.21mg (9.32%), Selenium: 6.42µg (9.17%), Magnesium: 35.41mg (8.85%), Vitamin B1: 0.09mg (6.11%), Iron: 1.02mg (5.65%), Copper: 0.1mg (5.24%), Calcium: 51.42mg (5.14%), Zinc: 0.69mg (4.6%), Vitamin A: 210.98IU (4.22%), Vitamin B3: 0.63mg (3.15%), Potassium: 105.82mg (3.02%), Vitamin B2: 0.03mg (2.05%), Vitamin E: 0.29mg (1.93%), Folate: 7.36µg (1.84%), Vitamin B5: 0.18mg (1.83%), Vitamin K: 1.63µg (1.55%), Vitamin B6: 0.02mg

(1.21%)