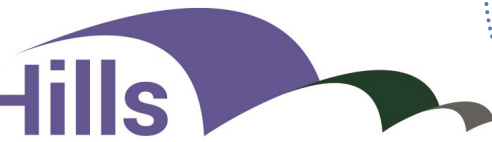


Taste the Hills



Recipes and Tips

Energy Bars

75g almonds

40g sunflower or pumpkin seeds

6tbs nut butter

40 sultana bran

Pinch of salt

250g rolled oats

100g runny honey

10 medjool dates

50g dried berries

50g dried apricots

Preheat the oven to 180°C/350°F/gas 4. Lightly grease a 22cm-square baking dish with oil, then set aside. Roughly chop and add the almonds to a large baking tray with the oats and seeds. Spread them out into an even layer and place in the hot oven for 12 to 15 minutes, or until golden, stirring halfway through.

Gently heat the honey and nut butter in a small pan over a low heat. Meanwhile, slit open the dates, pull out and discard the stones, then place into a blender with 100ml of warm water.

Blitz to a paste, stir into the warmed honey mixture, then leave to cool.

Transfer the toasted oat mixture to a large bowl with the bran and salt. Roughly chop and stir in the dried fruit, then mix in the honey mixture until well combined.

Spoon it into the baking dish, using the back of a spoon to press it into an even layer.

Bake in the hot oven for 15 minutes, or until golden and set. Leave to cool slightly before cutting into squares.

Leave to cool completely before removing from dish.

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