

Snacks

GRANOLA SQUARES

Makes 12-16

50g smooth almond butter

50g smooth peanut butter

65g maple syrup/ Troo chicory root fibre syrup

30g coconut oil

150g porridge oats

25g desiccated coconut

40g dried apricots, chopped, or goji berries 35g

flaxseed

25g sunflower seeds

25g sesame seeds

1. Preheat the oven to 180C and line a 20cm square baking tray with baking paper.

2. Put the nut butters, syrup and coconut oil into a small pan over a low heat and warm until melted. Stir well.

3. Put the rest of the ingredients into a large bowl and stir, so that they are evenly distributed. Pour in the wet ingredients and stir until well combined and all of the mixture is coated.

4. Press into the baking tray and, using a sharp knife, lightly score the top into a grid of 12-16 squares or rectangles. This will make it easier to cut them when baked.

5. Bake for approximately 15 minutes until browned and firm to the touch. Leave to cool fully before slicing along the pre-scored lines.

