

Recipe No. 18/2013

Fruit and Nut Bars

These fruit and nut packed bars are excellent as a treat for lunchboxes or as a healthy snack for on-the-run.

Makes: 30 bars

Preparation time: 5 minutes

Baking time: 15 minutes

Ingredients

250g jumbo oats
150g mixed fruit (apricot, cranberries, dates, figs or other soft dried fruits)
50g mixed unsalted nuts
100g butter
110g honey
40g light brown sugar
2 Tbsp sunflower seeds

Method

- Preheat Oven to 200°C
- Grease a baking tray.
- Mill 100g oats in TM bowl **10 sec/speed 7**. Set aside..
- Chop dried fruit **10 secs/speed 7**. Set aside with oats.
- Chop nuts **5 secs/speed 5**. Set aside with oats and fruit.
- Place butter, honey and sugar in TM bowl. Melt **2 mins/100°C/speed 2**.
- Add remaining whole oats, milled oats, fruit, and nuts. Knead **2 mins/closed lid position/Interval speed**.
- Press mixture into baking tray. Sprinkle with sunflower seeds. Press and flatten mixture evenly.
- Bake 15 minutes until slightly browned. Cut into squares and cool. Store in an airtight container.

Chef's tip:

- If preferred, chop fruit and nuts for slightly less time or turbo 2 – 3 times to make bars more "chunky".
- For a special treat, once cooled, spread melted chocolate over the top of the bars or dip one side of the bar into the melted chocolate.

*This recipe was submitted to us by one of our very first customers, **Fatima Gomes**. Fatima is always willing to share with us her very own tried and trusted recipes and is a familiar face in our cookery classes. Thanks Fati*



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