

Energy Booster Bars

Ingredients

2oz Unsalted Butter

2oz Sunflower Oil

1 large egg

2oz Light Muscovada Sugar

6oz Porridge Oats

2oz Brazil Nuts – chopped (Optional – leave out if allergic to nuts)

2oz Dried Apricots - chopped

2oz Dried Blueberries (or any dried fruit of preference)

1oz Sunflower Seeds

1oz Flaxseed & Goji Berries

1 Teaspoon Natural Vanilla Extract

Method

1 Preheat oven to 160c

2 Line a shallow baking tin with baking parchment

3 Put butter and sugar and sunflower oil into a medium heavy saucepan over a low heat and whisk until the butter has melted.

4 Remove from heat and stir in all the dry ingredients.

5 Whisk egg in a small bowl with vanilla extract and add to other ingredients

6 Spread evenly into the prepared tin using a knife

7 Bake for 20-25 minutes.

8 Remove from the oven and allow to cool before cutting

9 Leave until completely cold before removing from the tin.