



Tropical Granola Bars

Ingredients

75g butter or block margarine
2 tbsp honey or syrup
75g sugar
150g jumbo oats
1x 5ml spoon cinnamon
40g pumpkin seeds, sunflower seeds or
chopped nuts
40g desiccated coconut
75g dried fruit



Equipment

Weighing scales, measuring spoons, saucepan, wooden spoon, baking tin, spatula, palette knife.



Method

1. Preheat the oven to 180°C or gas mark 4.



2. Place the butter or margarine, sugar and honey into a saucepan and gently heat until the butter or margarine has melted.



3. Stir in all the other ingredients.



4. Pour the mixture into a non-stick (or lined) baking tin.



5. Pat down the mixture in the baking tin.



6. Bake for 20 minutes, until lightly browned.



7. Remove from the oven and cut into 'bars' in the baking tin while hot.

