

sugar smart recipes



Granola Bar

Ingredients:

Margarine	80g	Oats	140g
Honey	70g	Cinnamon	1g
Eggs	1	Coconut	28g
Vanilla Essence	2ml	Sultanas/chopped Apricots/Dates	100g
Bicarbonate of soda	1.5g	Glace cherries (Optional)	16g
Flour.....	100g		

Method:

1. Melt margarine & honey together.
2. Combine all other ingredients together, add melted margarine.
3. Mix well until mixture is smooth.
4. Pour into prepared tins.
5. Bake in oven for approximately 25 mins or until skewer comes out clean at gas mk 5 / 180°c.