

# 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.