

Cooking on a budget

Breakfast: Granola Bar Recipe: Cost: 42p a bar, £3.37 for the tray

Makes a 9cm x 9cm square tin which can be cut into 8 large bars

Ingredients

- 190g oats
- 75g nuts, roughly chopped
- 75g honey
- 70g unsalted butter
- 70g brown sugar
- 1 teaspoon vanilla extract
- 1/4 teaspoon kosher salt

Plus 3 x 70g extra add-in ingredients of choice to vary

flavours each time. Choose from ingredients such as dried

fruits - sultanas, cranberries, banana chips, dried apricots, coconut, chocolate chips, sunflower or pumpkin seeds.

We used 70g chocolate chips, 70g banana chips and 70g coconut flakes



Instructions

1. Preheat the oven to 180°C/Gas 4. Line a 9-inch square baking dish with baking parchment.
2. Place the oats and nuts on a rimmed baking sheet and bake for 8-10 minutes until lightly toasted. transfer the nuts and oats to a large bowl.
3. While the oats are toasting, add the honey, butter, and brown sugar to a small saucepan. Cook over medium heat until the butter melts and the sugar dissolves, stirring occasionally.
4. When butter mixture is ready, remove it from the heat and stir in the vanilla and salt.
5. Pour this mixture over the oat and nut mixture and stir to combine. Add the add-in ingredients of choice here (except for chocolate) and stir to combine. Make sure none of the oats are dry.
6. If you are adding chocolate, wait about 15 minutes for the mixture to cool a bit before adding the chocolate and then stirring to combine. This stops the chocolate from melting.
7. Place all of the oat mixture in the prepared pan. Press down firmly with either a rubber spatula or the bottom of a mug or measuring cup to press the mixture into the pan. Use your finger to press down well around the edges.
8. Chill the granola for 2 hours. Lift the granola from the pan using the edges of the parchment and place on a cutting board. Cut into desired sized pieces and serve.



Allergies:

Nuts including peanuts, almonds, walnuts – may also contain sesame seeds and wheat which contains gluten

Coconut

Oats – cereals containing gluten – may contain wheat + barley.

Choc chips – milk, soya, milk chocolate – may contain cereals that contains gluten milk + egg.

Butter – contains milk

Vanilla extract – none

Sugar – none

Honey – none

Banana chips – sodium metabisulphate