

Granola Bar

with Wild Blueberries

Makes 24 bars

50g sunflower seeds
50g peeled pistachio nuts
50g chopped walnuts
50g sesame seeds
50g pine nuts
15ml vegetable oil
150g unsalted butter or margarine
200g caster sugar
50g clear honey
100g golden syrup
175g porridge oats
175g jumbo oats
150g dried Wild Blueberries



Preparation

Preheat oven to 180°C. Lightly grease and line a 25x35cm baking tray with silicone paper / baking parchment. Heat the vegetable oil in a large shallow pan, add the seeds and nuts, then stir until brown. This will bring out the richness and flavour. Transfer to a separate bowl. Melt the butter in the same pan, add the honey, golden syrup and sugar, then stir in the porridge oats, jumbo oats, Wild Blueberries and toasted seeds and nuts. Transfer to lined baking tin, press down with the back of a wet tablespoon, then bake in preheated oven for 15-20 minutes until golden brown. Leave to cool for 15 minutes or so until granola can be cut into bars.

Tip

To finish the granola bars, try dipping the base of each bar in white or dark chocolate. Set to dry on greaseproof paper.

