



Claire's Handmade Cakes

Fruit & Seed Oat Bars

Ingredients

200g oats
50g raisins or sultanas
25g dates, chopped
25g prunes, chopped
25g dried apricots, chopped
25g sesame seeds
25g sunflower seeds
1tbsp flax seeds
1 tbsp runny honey
Approx 8tbsp apple juice

Method

Preheat an oven to 170C. Grease an 8" square tin.
Combine all the dried ingredients in a large mixing bowl. Add the honey and the apple juice, until the mixture is sticky. (You may need to add a little more apple juice. You want the mixture to be bound together.)
Spoon the mixture into the tin and bake for around 10-15 minutes, or until the mixture is a pale golden.
Leave to cool in the tin, then cut into pieces and remove.

This will keep in the fridge for about a week and it also freezes very well.

You can also add any other dried fruit you like, such as mango, or cranberries. You could also add nuts and other seeds, such as pumpkin.