

Whitworths

Fruit, Nut & Seed Bars



INGREDIENTS

100g **Whitworths Chopped Sayer Dates**
75g **Whitworths Chopped Apricots**
100g **Whitworths Little Jewel Cranberries**
2 tsp water
60g macadamia nuts
25g chia seeds
70g rolled porridge oats
60g pumpkin seeds
2 tbsp runny honey

 Makes 8  15mins  30mins

READY...STEADY...BAKE

- ♥ Lightly grease a 19cm square brownie tin.
- ♥ Place the dates into a food processor, add the water then whizz for 30 seconds on full power until the dates form a paste.
- ♥ Add the macadamia nuts, chia seeds, apricots, half of the cranberries and half of the pumpkin seeds, then whizz on full power for 30 seconds.
- ♥ Add the honey then whizz for a further 10 seconds until the mixture comes together.
- ♥ Transfer to a mixing bowl then stir in the remaining cranberries and pumpkin seeds.
- ♥ Spoon the mixture into the tin, press down firmly then smooth the top level.
- ♥ Cover and refrigerate for 30 minutes before cutting into 8 slices.

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Happy baking to snack on!