

Whitworths

Tropical Breakfast Bars



INGREDIENTS

150g **Whitworths Stoned Deglet Nour Dates**
20g **Whitworths Desiccated Coconut**
95g **Whitworths Soft Smyrna Figs**
30g **Whitworths Tropical Mango**
30g **Whitworths Golden Pineapple**
160g oats
1 ripe banana
70ml boiling water

 Makes 10  10 mins  30 mins

READY...STEADY...BAKE

- ♥ Preheat your oven to 160°C/Fan 140°C/Gas Mark 3, pop the kettle on then lightly grease and line a 20cm square tin.
- ♥ Peel the banana and break into pieces then place into a jug with the dates, coconut and boiling water then leave for 5 minutes.
- ♥ Meanwhile, chop the figs, mango and pineapple into 50mm chunks (we like to use scissors!).
- ♥ Using a stick blender blitz the banana mix to a fine puree (careful not to spray yourself with the boiling water).
- ♥ Mix the puree, oats and chopped fruit in a bowl then press into the prepared tin.
- ♥ Bake for 30 minutes until firm to touch. Remove from the tin and cool on a wire rack.
- ♥ Cut with a sharp knife and serve. Store in a tin for up to 5 days.
- ♥ These bars freeze well to, simply wrap well then freeze for upto 1 month, defrost thoroughly at room temperature before eating.

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Happy Baking!