

Melanie's Food Adventures – Homemade Granola Bars

So delighted to write another blog post for Richard!

This time round I'm sharing a recipe for some homemade Granola Bars. They're utterly delicious & not overly sweet. They'll last a good few days in an airtight container & were perfect for nibbling in the car when we drove down to the Lake District on holiday.

Homemade Granola Bars (makes around 24 depending on how big you cut them)

INGREDIENTS

80g Porridge Oats
65g Shredded Wheat
45g Almonds
45g Pistachios
45g Walnuts
45g Pecans
1/2tsp Ground Cinnamon
3 Large Eggs
2tbsp Agave or Honey
1tsp Vanilla Essence

METHOD

1. Preheat your oven to 180C / 160 Fan / 350F. Line an 8 x 8 inch baking tray with lightly buttered greaseproof paper (making sure there's enough paper up the sides to allow you to remove the bars once baked) and set aside.
2. Place the 80g Porridge Oats, 65g Shredded Wheat, 45g each of Almonds Pistachios, Walnuts and Pecans, 1/2tsp Cinnamon and 1/2tsp Salt in a food mixer and pulse until the mixture is finely chopped. Don't worry if there's still some chunkier bits.

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3. In a large bowl, hand whisk 3 Eggs, 2tsp Agave or Honey and 1tsp Vanilla Extract until well combined. Add the oatmeal mixture and stir with a large spoon until its mixed evenly.
4. Transfer to the baking tray and flatten down gently with the back of a spoon or spatula to spread evenly.
5. Bake for around 18 minutes until the edges turn golden brown. Let bars cool completely in the tray before slicing and serving.





Hints and Tips

You can combine any choice of nuts and include or replace dried fruit too.



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