

Oat and cranberry bars

Snack

Makes 12 bars

Make ahead

Freezer friendly

Per bar: about 4g protein, 3g fibre

Ingredients

Tick what you've got.

- ☐ Rolled oats, 230g
- ☐ Whole almonds, 80g
- ☐ Honey, 120g
- ☐ Unsalted butter, 46g
- ☐ Brown sugar, 50g
- ☐ Vanilla extract, 1g (about 1/2 teaspoon)
- ☐ Fine salt, a pinch
- ☐ Dried cranberries, 60g
- ☐ Mini chocolate chips, 20g

YOU'LL ALSO NEED

- ☐ A 20 to 23cm square tin
- ☐ Baking paper
- ☐ A baking tray
- ☐ A small saucepan

Method

1. TOAST

1. Heat the oven to **180°C (160°C fan)**.
2. Line the tin with baking paper.
3. Roughly chop **80g almonds**.
4. Spread **230g rolled oats** and the chopped almonds on a tray. Bake for **5 minutes**.
5. Stir, then bake for another **3 to 5 minutes** until lightly golden.
6. Tip into a large bowl.

2. BIND

1. In a small saucepan over medium heat, add:
 - **46g unsalted butter**
 - **120g honey**
 - **50g brown sugar**
 - **1g vanilla extract**
 - **a pinch of salt**
2. Stir now and then until it's bubbling and the sugar has dissolved.
3. Pour over the oats and mix well.
4. Leave to cool for **5 minutes**.

3. PRESS

1. Roughly chop **60g dried cranberries** and stir them in.
2. Stir in **15g mini chocolate chips**. If a few melt, that's fine. They help hold the bars together.
3. Tip into the tin and press down hard for **about 1 minute**.
4. Scatter the last **5g chocolate chips** on top and press them in.

4. SET AND STORE

1. Cover and chill for **at least 2 hours**.
2. Lift out and cut into **12 bars**.
3. Keep in an airtight container. Pantry for softer bars, fridge for firmer ones. Wrapped well, they freeze for up to **3 months**.

Adapted from a recipe by Adam and Joanne at [Inspired Taste](#).