

ALMOND AND APRICOT ENERGY BARS

Makes 16 bars

Ingredients:

olive oil, for greasing

75g almonds

100g mixed seeds

250g rolled oats

8 Medjool dates

100g dried apricots

20ml maple syrup

150ml water

2 tbsp coconut oil, melted

4 tbsp smooth almond butter

1. Preheat the oven to 180°C. Grease and line a 20cm x 20cm square baking tin.
2. Chop the almonds, then scatter over a baking sheet with the mixed seeds and oats, and roast for 20 mins, turning occasionally.
3. Meanwhile, de-stone and roughly chop the dates and apricots.
4. Place the maple syrup, almond butter, dates, coconut oil and 150ml of water in a small saucepan over a low heat. Gently heat for 10 mins, mashing the dates with the back of your spoon, until you have a sticky sauce.
5. Tip the oats, seeds, almonds and apricots into a large bowl and pour over the sauce mixture. Coat everything in the sticky sauce.
6. Pour the mixture onto the baking tin, using a back of a spoon to press into an even layer.
7. Bake for 15 to 20 mins, or until golden, then cut into portions.

