

## Fruity Macadamia Snack Bars

Makes approx: 12

Cooking time: 20 mins

### Ingredients:

45g sultanas  
45g dried apricots  
90g dried apples or pears  
90g dried figs  
50g macadamia nuts  
50g sunflower seeds  
60g wholemeal flour  
60g porridge oats  
60ml orange or apple juice  
3 tablespoons honey



### Method:

- 1 Place all the dried fruit in a blender. Roughly chop before stirring in the seeds, nuts, oats and flour. Add juice and honey and roughly blend.
- 2 Place mixture in a greased shallow baking tray to cook at 190°C/375°F/Gas 5 until golden brown – about 20 minutes. Leave to cool and then slice into bars.

### Tips:

The GI can be lowered further by adding more juice and less honey

For a wheat free recipe, add 100g of oats and cut out the flour.