

Granola bar

Season: all

Serves: 20 tastes

Fresh from the garden: apple, fig, pomegranate

Equipment: Large mixing bowl Spatula Wooden spoon Small bowl Measuring cups Measuring spoons Saucepan Baking tray lined with baking paper	Ingredients: Sticky glue 1 cup (240g) sunflower butter or other nut butter 1 cup (350 g) local honey Dry ingredients 3 cups rolled oats. 2 cup dried fruit. 1 cup desiccated coconut. 1 cup pepitas. ¼ teaspoon salt 1 teaspoon cinnamon Optional ½ cup chocolate ½ cup pomegranate seeds
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What to do:

1. **Mix dry ingredients** - Using a wooden spoon, mix the add-ins in a large bowl.
2. **Sticky glue** - Using a rubber spatula, mix the sunflower butter and honey in a saucepan over medium heat until smooth. Once combined, turn the stove down to low. As soon as you start seeing little bubbles around the edges, cook for 5 minutes, stirring constantly scraping the base, until it is like a very thick caramel. **DO NOT WALK AWAY**, it will catch easily.
3. **Mix** - Immediately pour it all over surface of the oats etc then mix with the wooden spoon. It takes a bit of effort, but it does come together eventually. Stabbing and smearing against the wall of the bowl helps.
4. **Press** - Put a square piece of paper over 2 x 20cm square tin. Drop muesli mix in then spread right into the corners, using a combination of your hands and the wooden spoon. Firmer press = chewier muesli bars.
5. **Set** - Refrigerate 2 hours until firm then cut into 10 bars (cut in half, then each half into 5).

PRO TIP: Good recipe to use your scales. Measuring honey and peanut butter in cups is a bit annoying.