

CRANBERRY AND PISTACHIO TREAT BARS

MAKES 16 / PREPARE 10 MINS / COOK 10 + 25 MINS

Ingredients

65g	Rolled oats	100g	Brown sugar
20g	Chopped pistachios	1 tsp	Ground cinnamon
35g	Sunflower seeds	125ml	Rapeseed oil
25g	Rye flour	2	Free range eggs
2 tbsp	Ground almonds	1 tsp	Vanilla extract
100g	Plain wholemeal flour	130g	Dried cranberries
½ tsp	Baking powder		

Instructions

Preheat oven to 160C.

Place the oats, pistachios, sunflower seeds and barley on a baking tray lined with non-stick baking paper and bake for 10 mins, stirring occasionally or until lightly golden. Allow to cool down a little.

Place the ground almonds, rye flour, baking powder, brown sugar and cinnamon in a bowl and stir to combine. Add the oil, eggs and vanilla and stir until smooth. Add the oat mixture and cranberries and stir to combine.

Spoon the mixture into a 20cm x 30cm slice tin lined with non-stick baking paper and pack with the back of a spoon.

Bake for 25-30 min or until golden brown.

Cool in the tin for 10 minutes before turning onto a wire rack to cool completely.

Cut into bars once cold.



Nutrifacts



Sunflower seeds are high in FIBRE and PROTEIN so when used in a dessert, they help balance your blood sugar levels. They are also high in VITAMIN E, a great antioxidant and MAGNESIUM which helps relax the muscles.

Oats and rye are high in FIBRE that help keep you regular. Additionally, oats are high in SOLUBLE FIBRE that contains beta-glucan which helps lower cholesterol levels.

Eggs contain PROTEIN to help your body heal and grow. Protein also helps slow down sugar absorption which, in turn, smooths blood sugar levels. Additionally, eggs contain VITAMIN A that supports vision and healthy skin as well as riboflavin that promotes normal growth and VITAMIN B12 that supports red blood cell health.

Sugar contains no nutrients only calories in the form of refined carbohydrates, that's why it is important to only have it occasionally.