

Granola bars (makes about 10 slices; 55min + cooling)

You can substitute in different nuts, seeds, and dried fruit as you prefer.

For the stuffing

165g oats
12g chia in ~35ml water
20g linseeds
60g pumpkin seeds
50g sunflower seeds
40g cranberries

Soak the chia seeds in the water in a small bowl.

Measure out and mix together the dry ingredients, then give the chia seeds an occasional stir to make sure they are evenly wetted.

For the mixing

55g proper butter
30g spread
100g golden syrup

Optional: 120g 70% dark chocolate

Line a small baking tin (e.g. 10"x7") with paper; measure the butter, spread, and syrup in a pan; then preheat the oven to 175C.

Melt the mixture on low heat. Stir in the chia seeds for a few seconds, pressing with the back of the spoon to unclump them.

Once everything is fully melted, add all the dry ingredients, mix well, then pour into the tin and press the mixture down firmly. Bake for 30 min, then cool thoroughly.

If using the chocolate, melt it in a pyrex jug in a pan of hot water on low heat. Pour or spoon the chocolate onto the granola slab and spread evenly. Leave to cool until mostly set, and then cut into slices. Chill in the fridge until fully set.

Keep it in an airtight container (in the fridge if longer than a few days). Any crumbs are good in yoghurt :)