

Granola bars (makes about 10 slices; 40 minutes)

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

For the stuffing

150g oats
10-12g chia in ~30ml water
20g linseeds
55g pumpkin seeds
45g sunflower seeds
35g 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 a stir to make sure they are evenly wetted.

For the mixing

50g proper butter
25g spread
90g golden syrup

Line a small baking tin with paper and preheat the oven to 180C.
Melt the butter, spread, and syrup in a pan on low heat and stir in the chia seeds, pressing with the spoon to unclump them.

Once everything is fully melted and the seeds are fairly well mixed in, add all the dry ingredients, mix well, then pour into the tin and press the mixture down firmly.

Bake for 25 min, then cool thoroughly before slicing it up. Keep it in an airtight container (in the fridge if longer than a few days). Any crumbs are good in yoghurt :)