

## ***Iron-Boosting Granola Bars***

### **Equipment**

Baking Tray, Mixing bowl, Wooden spoon.

### **Ingredients**

280g Rolled Oats

50g Dried Apricots

50g Raisins

100g Sunflower Seeds

200g Butter

200g Golden Syrup

### **Nutritional Information**

Serving: 95g

**Iron:** 3.8mg 27% of an adult's reference intake (RI)

Calories: 375 kcal

Fat: 14g

Fibre: 10.2g

Protein: 9.9g

## ***Iron-Boosting Granola Bars***

### **Instructions**

1. Preheat oven to 160 degrees (fan oven)
2. Grease and line a baking tin with baking parchment.
3. Put the butter, sugar, and golden syrup in the saucepan. Cook gently on the hob, stirring with the spatula, until the butter and sugar are melted.
4. Put the dried fruit in a mixing bowl. Add the seeds, oats, and cereal, and mix well.
5. Remove from the heat and pour the dry ingredients into the saucepan. Mix well until all the ingredients are coated with the syrup mix.
6. Fill the baking tin with the mixture. Use the spatula to press the mix down evenly. Bake for 20 mins, then leave to cool.