Snack

Chewy Apple, Fruit and Nut Bars

Soft baked bars sweetened with stewed apples and chopped dried fruit, with nuts and coconut stirred through for texture. Cut into sixteen squares to share.

50 min	124	16.3 g	12.9 g
time	calories	carbs	sugars



Vegan | Dairy free

Ingredients, 12 servings

- [ ] 450 g eating apples, peeled, cored and stewed (425g)
- [ ] 5 tbsp orange juice
- [ ] 225 g mixed dried fruit (e.g. apricots, dates, cranberries), roughly chopped
- [ ] 100 g mixed nuts (e.g. almonds, hazelnuts), chopped
- [ ] 75 g wholemeal self-raising flour
- [ ] 25 g desiccated coconut
- [ ] 1 tbsp rapeseed oil

Method

- [ ] 1 Heat the oven to 180C, gas 4, and lightly grease a 20cm square baking tin, then line it with baking paper.
- [ ] 2 Put the stewed eating apples, orange juice, mixed dried fruit, mixed nuts, wholemeal self-raising flour, desiccated coconut and rapeseed oil into a large bowl and stir until everything is evenly combined.
- [ ] 3 Tip the mixture into the prepared tin.
- [ ] 4 Level the surface and press it down gently, then bake for 35-40 minutes, until golden and firm to the touch.
- [ ] 5 Cut lines through to make 16 pieces, leave the bars to cool in the tin, then serve while still slightly warm.

Nutrition Facts

Per serving

Calories	**124**
Total fat	5 g
Saturated fat	1.4 g
Sodium	Not listed
Total carbs	16.3 g
Fiber	1 g
Total sugars	12.9 g
Protein	2.9 g

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