



Fruit & Nut Granola Bar

Overview

Difficulty: Easy

Servings: 4 - 6

Preparation Time: 20 mins

Cooking Time: 120 mins

Ingredients

20g Mini Chocolate Chips

30g Cashew Nuts

30g Dried Apricot

30g Dried Cranberry

30g Light Brown Sugar

40g Almond Nuts

40g Pumpkin Seeds

55g Honey

60g Butter

250g Rolled Oats

A Pinch of Rock Sea Salt

1. Methods

Step 1

Preheat oven in 4D Hot Air mode to 200°C.



Step 2

Separate pumpkin seeds, almond nuts and cashew nuts in lines on a tray. In another tray, spread the rolled oats evenly and roast them for about 10 minutes until the contents turn brown.



Step 3

Roughly chop roasted cashew nuts and almond nuts in the ErgoMixx hand blender.



Step 4

Chop the dried apricots into smaller pieces with a knife.



Step 5

Melt butter in a medium heated pan and add in honey and brown sugar. Stir until brown sugar is dissolved completely in the syrup mixture and set aside.



Step 6

Mix roasted oats, blended nuts mixture, roasted pumpkin seeds, dried apricots, dried cranberries and a pinch of rock sea salt together with the honey and brown sugar mixture. Allow the mixture in the bowl to cool slightly.



Step 7

Line parchment paper on a 8" X 6" tray, leaving excess on the side.



Step 8

Spread the granola onto the tray and press it down to compress and level it.



Step 9

Scatter chocolate chips onto the granola bar and cover it with another piece of parchment paper.



Step 10

Chill the tray of granola in the freezer for about 45 minutes and check in at 15-minute intervals to make sure that it is not frozen. Remove the tray from the freezer when it is hardened. Chop the granola into equal portions with a knife and wrap the pieces in cling film for storage.

