



## Cereal bars

### Ingredients:

- 100g margarine
- 75g soft brown sugar
- 50g desiccated coconut
- 50g flaked almonds
- 2 tablespoons honey
- 100g muesli
- 75 wholemeal flour
- 75g chopped dried apricots
- 50g currants
- 1 egg

### Method:

1. Melt margarine in saucepan.
2. Mix all ingredients together
3. Press into the bottom of a greased and lined 10" x 7" baking tray.
4. Bake for about 30 minutes at 180C/350F/Gas 4 until golden brown.
5. Cut into 12 while warm, cool in the tin for about 30 minutes then cool on a rack.

### **Did you know ?**

Eggs are one of the most nutritious foods money can buy. They have many nutrients including high quality protein, vitamins and minerals. A medium egg contains less than 80 calories. They are also naturally rich in vitamin B2 (riboflavin), vitamin B12 and vitamin D. They also contain vitamin A and a number of other B vitamins as well as containing essential minerals and trace elements, including phosphorus, iodine and selenium.

Honey is said to be nature's energy booster, a great immunity system builder and a natural remedy for some ailments.

© 2010 Edinburgh Community Food

22 Tennant Street

Edinburgh

EH6 5ND

T: 0131 467 7326

E: [admin@edinburghcommunityfood.org.uk](mailto:admin@edinburghcommunityfood.org.uk)

W : [www.edinburghcommunityfood.org.uk](http://www.edinburghcommunityfood.org.uk)