



Fruit & Nut Bars - A low calorie, low fat, meal replacement or energy boost for Emergency Communications Operators

Tips:

Use any fruit, nuts, seeds or cereal that you prefer, just keep the proportions of ingredients roughly the same (i.e. about 3 cups of total cereal/ fruit/nut mix).

The bars are chewy and soft after baking. For firmer bars add a handful of chocolate chips, a few tablespoons of peanut butter, or some milk powder. (increases the calories & fat!! 😊)

Buy good quality muesli as your base – consider gluten free types with more variety of “stuff” than the dull bran type cereals – costs more but then it goes a long way.

Fruit and Nut Bars Makes 8 bars – 12 bars depending on how you slice up your finished tray
1/2 cup nuts - almonds, peanuts, walnuts, whatever you like... Coarsely chopped
1/2 cup dried fruit, – apricots, dates, prunes (again whatever fruit or seeds you prefer)... Coarsely chopped
1 cup high-fibre cereal (like muesli with variety of interesting ingredients)
1 cup puffed rice cereal
1 Tablespoon butter
1/4 cup brown sugar
1/3 cup honey or golden syrup (or substitute Treacle for a richer darker taste)
1 teaspoon vanilla extract
2 Tablespoons wheat bran
pinch of salt

Method:

Preheat oven to 150C & Prepare a 8” x 8” cake tin – grease, line or use spray on cooking oils

Combine the chopped nuts, dried fruit, and cereals in a heat-proof bowl. Use your fingers to separate the fruit if it clumps together.

In a medium saucepan combine Butter, Brown Sugar, and Honey and stir to moisten the brown sugar. Set over medium heat and bring to a boil, swirling the pan once or twice to make sure all the ingredients combine. When sugar mixture comes to a full boil and the sugar is completely dissolved, remove from heat. This should take about 5 minutes.

Off the heat, stir in the Vanilla, Wheat Bran, and Salt. Be careful because the sugar may bubble up. Immediately pour sugar syrup over the cereal mixture and use a heat-proof spatula to stir everything together. Make sure the nuts, fruits, and cereals are evenly coated. Pour the cereal mixture into the pan and use the spatula or wet fingers to press the mixture into the pan as firmly as possible.

Baking: 20 minutes for chewy bars (up to 30 minutes for crispier bars). Allow to cool completely in the pan. Turn out onto cutting board, use a sharp knife to divide into bars of whatever size you want.

Suggestion: Wrap the individual bars in glad wrap to quickly grab and go. Bars will keep for several weeks in an airtight container, or you can also freeze them.

Calories & Fat. First time you make a batch you must weigh each ingredient and work out the calories/fat (from the side of the packets) then total all the calories and all the fat. Once you’ve cut up your bars divide the totals by the number of bars that you ended up with. You now have the true content of each bar.