

Apple, apricot & sultana squares

The perfect treat with a cup of tea. And great for packed lunches and picnics too!

Serves: 16 adults

Preparation time: 15 mins

Cooking time: 20 mins

Ingredients:

100g low-fat spread

4 tbsp golden syrup

250g porridge oats

1 apple cored and chopped

50g ready-to-eat apricots chopped

50g sultanas

½ tsp ground mixed spice (optional)

1 egg beaten



What to do:

1. Preheat the oven to Gas Mark 4/180°C/ fan oven 160°C. Grease a 23cm (9inch) shallow square cake tin with a little reduced fat spread, then line the base with baking parchment or greaseproof paper
2. Melt the remaining reduced fat spread in a large saucepan with the golden syrup. Take care that the mixture doesn't get too hot.
3. Remove the pan from the heat and add the porridge oats, apple, apricots, sultanas or raisins and mixed spice (if using). Stir well, add the beaten egg and mix again.
4. Tip the mixture into the prepared tin and level the surface. Bake for 20-25 minutes until firm. Cool in the tin for about 20 minutes, then cut into 16 squares.

Tip 1: Store in an airtight tin, or pack in freezer wrap or a freezer box and freeze for up to 3 months.

Tip 2: If you like, melt the reduced fat spread and golden syrup in a large microwaveable bowl for 40-50 seconds on HIGH, then add the remaining ingredients as above.

Tip 3: Choose high fibre porridge oats to provide extra fibre in your diet.

Nutritional information:

Per adult portion (i.e. ¼ recipe)

506kJ / 121kcal

2.5g protein

19g carbohydrate of which 9g sugars

2.5g fat of which 1.2g saturates

1.5g fibre

50mg sodium equivalent to 0.1g salt

suitable for freezing

