

DIY Breakfast Bars by Ian Haste

Ingredients:

- 1 dessert apple
- 100g butter
- 200g honey
- 275g no added sugar muesli
- 25g pumpkin seeds
- 2 tsp cinnamon



Instructions:

Preheat the oven to 160°C/ 140°C fan/ gas mark 3. Using a small sharp knife cut the apple into quarters; carefully remove the core and pips then cut into slices approximately 3mm thick. Lay flat on a baking sheet lined with parchment paper. Cook for 30 minutes, turning halfway through until the apples are golden but still soft. Leave to cool then chop into small pieces.

Grease and line a 23cm square cake tin with baking parchment. Gently melt the butter and honey in a large saucepan. Remove from the heat then add the dry ingredients and apple into the saucepan. Mix well until all the ingredients are coated with the honey mixture.

Place the mixture into the tin and use the back of a spoon to press the mixture down evenly. Bake for 35 minutes until golden and leave to cool before cutting into 20 bars. If possible leave the breakfast bars in the tin for at least 2 hours and this will allow them to set completely. They may crumble more easily if eaten straight away.

You can try using other breakfast cereals in this recipe such as bran flakes or porridge oats. You can also use different fruits including dried apricots or dates.