



GRANOLA BARS

Makes

18

Time

50
mins

Level

MEDIUM

Kcal

159
per portion

You will need

2 x Jaffa Orange
75ml Sunflower Oil
225g Rolled Porridge Oats
100g Dried Fruit
75g Runny Honey
50g Light Muscovado Sugar
50g Roughly Chopped Almonds
25g Sesame Seeds
25g Crispy Cereal

TELL THEM IT'S
#JAFFAJJOY
FOR TEA

Our step by step guide

Step 1

Preheat the oven to 170°C

Step 2

Zest the Jaffa oranges

Step 3

Line a square baking tin with greaseproof paper

Step 4

In a large bowl, mix together the oats, sunflower seeds, Jaffa orange zest, dried fruit, almonds, sesame seeds and crispy cereal together until combined

Step 5

Pour the sunflower oil, honey and sugar into a small pan and melt together on a medium heat until boiling

Step 6

Stir the hot liquid mix into the dry ingredients straight away, stirring until everything is coated

Step 7

Pour into the tin you prepared earlier, pressing it down firmly

Step 8

Bake in the oven for 30 to 35 minutes, until golden.

Step 9

Remove from the oven, mark lines where you'll cut your bars into shape whilst they're still warm

Step 10

Leave to cool and then cut into bars

Step 11

Enjoy!

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