

FRUITYLICIOUS CEREAL BARS



Perfect for lunchboxes, these cereal squares are nutritionally much better than many shop bought varieties - lower in sugar and with the additional benefit of a little wholegrain too.



Skill Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use a timer; crack an egg; beat an egg; scrape out a bowl with a spatula; divide mixture into tins; use measuring spoons; use a jug to measure liquids; use weighing scales; use the oven (with adult supervision).

Equipment: 20cm x 25cm baking tin, parchment, weighing scales, measuring spoons, measuring jug, chopping board, knife, fork, small bowl, mixing bowl, wooden spoon, oven gloves, cooling rack.

Allergens*: Oats, Wheat, Barley, Eggs, Milk.
May contain: Tree nuts, Sulphites

Ingredients (makes 20 squares):

- 140g wholegrain cereal hoops
- 115g self-raising flour
- 2 tsp baking powder
- 85g dried fruit/berry mix
- 2 tbsp muscovado sugar
- 1 medium dessert apple, cored and chopped small
- 150 ml semi-skimmed milk
- 1 medium egg, beaten
- 3 tbsp vegetable oil

* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use

Method

1. Preheat the oven to 200C/Fan 180C/Gas Mark 6.
2. Line a 20cm x 25cm baking tin with parchment.
3. Place 100g of the wholegrain cereal hoops in a mixing bowl along with the flour, baking powder, cherry and berry mix, sugar and apple and stir together until well combined.
4. Add the milk, egg and oil and briefly mix again.
5. Spoon into the prepared tin and spread evenly. Sprinkle over the remaining wholegrain cereal hoops and lightly press them into the mixture.
6. Bake for 25 minutes until golden and just firm. Leave to cool for a few minutes then lift out onto a cooling rack to cool completely.
7. Use a large knife to cut into 20 squares.



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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Fruitylicious Cereal Bars...

Wholegrain Cereals provide carbohydrate, essential vitamins and minerals, and vital fibre which many UK children, as well as adults, are lacking. Fibre is really important for our short and long term health.

Dried Fruits, such as apricots and raisins, are high in fibre and iron. A 30g portion counts as one portion of your 5-a-day. Due to its high sugar content dried fruit should be eaten at mealtimes, not as a between-meal snack, to reduce the risk of tooth decay.



Energy, sugar, fat and salt per serving

Per 35g serving

ENERGY	377kJ / 90kcal	4%
FAT	2.7g	4%
SATURATES	0.5g	3%
SUGARS	5.7g	6%
SALT	0.25g	4%

% of an adult's reference intake
Typical values per 100g : Energy 1077kJ / 256kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.