



GRANOLA BARS

INGREDIENTS

- 160 g pecans, chopped
- 130 g rolled oats
- 80 g butter
- 175 g honey
- 1 tsp cinnamon
- 50 g cornflakes
- 30 g puffed rice cereal
- 100 g raisins or sultanas

PREPARATION

1. Toast the pecans in the non-stick pan until they're fragrant and put them in a large mixing bowl. In the same pan, toast the rolled oats for 1–2 minutes. Transfer them to the mixing bowl with the pecans.
2. In the 2-litre saucepan, gently heat the butter, honey and cinnamon until the butter is melted. Stir to combine and transfer the mixture to the bowl with the pecans and rolled oats. Add the cornflakes, puffed rice and raisins or sultanas. Use a wooden spoon to combine the mixture.
3. Transfer the mixture to a baking sheet lined with baking paper and press it lightly to form a rectangle.
4. Let the mixture cool at room temperature until it's firm and then cut it into bars.