

Picnic bar

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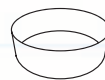


Ingredients

Makes 12

- 150g margarine
- 75g black treacle
- 225g porridge oats
- 50g demerara sugar
- 1 x 5ml spoon cinnamon
- 45g pumpkin and sunflower seeds

Equipment



Method

1. Preheat the oven to 180°C or gas mark 4.
2. Gently melt the margarine and treacle in a saucepan.
3. Place the oats, sugar, cinnamon and seeds into the bowl.
4. Pour the melted mixture into the dry ingredients and stir well.
5. Press the mixture into the sandwich tin (round or square).
6. Bake for 30 minutes.
7. Mark into 12 wedges while still warm. Break apart when cold.



FOOD SAFETY

- * Always keep dairy foods, meat, poultry and eggs cold.
- * Leave food in the fridge until the last possible moment.
- * When out and about slot frozen ice packs around the food, or freeze small plastic bottles of water and use these in the same way to keep food cool.

Top tips

- * Measure out the treacle with a metal spoon that has been standing in hot water for a few seconds. The treacle will drop off easily.

Why not try:

- * Using different seeds, e.g. poppy or sesame.
- * Adding chopped fruit to the mixture, e.g. dried apricots, sultanas or fresh apple.
- * Using different spices, such as ginger or mixed spice.

Skills

Measuring.



Using the hob.



Baking.



EAT FOR HEALTH

- * Oats are rich in fibre which help to protect your heart
- * Pumpkin and sunflower seeds give you good fats and other vitamins and minerals

TAKE CARE!

Make sure you've got an adult to help you use the oven safely.