

# Lunchbox Laughter Cheeky Cereal Bars



## Yummy Tuck Box

### Ingredients:

- 2 tablespoons Butter
- 5 tablespoons golden syrup
- 4 tablespoons Peanut Butter
- 50g soft brown sugar
- 100 grams porridge oats
- 85g Rice Krispies
- 140 grams dried apricots
- 50g dried cherries
- 25g desiccated coconut
- 3 tablespoons sunflower seeds
- 1 teaspoon ground cinnamon

### Equipment:

- Oven and Oven gloves
- Saucepan
- Wooden Spoon
- 20cm shallow baking tin
- Knife
- Weighing scales
- Teaspoon



### Recipe:

- 1 Pre-heat the oven to 180°C. Line the baking tray with greaseproof paper.
- 2 Add the butter, syrup, peanut butter and sugar to a pan and heat over a gentle heat until melted.
- 3 Roughly chop the apricots and cherries.
- 4 Add the oats, rice krispies, dried fruit, seeds and cinnamon to the sugary mix in the pan.
- 5 Put the mix into the baking tray and press flat
- 6 Bake for 25 – 30 minutes until golden.
- 7 Leave to cool then enjoy!

### Why not swap the fruit; here are a couple of ideas:

- 2 small pears and 50 grams walnuts
- Zest of 1 large orange, soak 100 grams dried mixed fruit in juice of one orange
- 100 grams dried cherries and 50 grams flaked almonds
- 100 grams dried cranberries and 50 grams macadamia nuts

### Why not swap the oats and Krispies; here are a couple of ideas:

- Oats and crushed bran flakes
- Half flour and half oats
- Corn flakes
- Muesli

