

Snacky Stuff

Seeds, Seeds, Seeds



Fruit, Seed and Nut Bars

Ingredients:

- 140g flour
- 85g oats
- 85g sugar
- 2tsp baking soda
- ½ tsp cinnamon
- 150ml buttermilk
- 3 tbs vegetable oil
- 1 large egg whites lightly beaten
- 1 golden delicious apple chopped
- 80g raisins
- 80g cranberries
- 100g chopped nuts
- 2 tablespoons flaked coconut (optional)

Equipment:

- Oven and oven gloves
- Chopping board
- Knife
- Mixing bowl
- Baking tray
- Scales



Method:

1. Pre heat the oven at 190°C / 375°F.
2. Lightly grease a 9-inch square baking tin.
3. In a large mixing bowl combine flour, oats, brown sugar, baking soda and cinnamon and stir to blend.
4. Add the butter milk, oil and egg whites and beat until mixed.
5. Stir in the apple, dried fruit and nuts.
6. Spread evenly in the pan and top with coconut.
7. Bake for 20-25 minutes. Cool and cut into 10 bars.

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Ingredients:

- 100g Sesames seeds
- 100g Sunflower seeds
- 100g Pumpkin seeds
- 100g Porridge oats
- 25g sugar
- Vanilla pod

Equipment:

- Oven and oven gloves
- Chopping board
- Knife



Recipe:

1. Pre-heat the oven to 100°C.
2. Halve the vanilla pod and scrape the seeds out using the back of a knife.
3. Add vanilla pods to sugar and toss.
4. Add seeds and vanilla sugar to a large baking tin and toss.
5. Place in the oven and roast for 3 - 5 minutes until crisp, toss occasionally if necessary.
6. Toasted seeds are a great snack or perfect sprinkled over fruit and natural yoghurt.

... Alternatively you can make savory seeds using paprika and a pinch of salt.