



GRANOLA SQUARES

For a 20x20cm baking dish
Makes 25 small squares

120g spelt flakes or oats
140g prunes, destined
60g dried apple rings
90g honey
60g peanut butter
¼ tsp cinnamon

1. Preheat the oven to 170°C fan.
2. Lay out the spelt flakes or oats onto a baking tray lined with baking paper and bake for 15 minutes in the preheated oven until they start turning golden.
3. Put the prunes into a food processor and whizz into a paste.
4. Cut the apple rings into small pieces and add with the spelt flakes or oats to the prunes in the food processor.
5. Melt the honey, peanut butter and cinnamon in a small saucepan and add to the food processor.
6. Whizz everything in the food processor so that it comes together.
7. Line a 20x20cm baking dish with baking paper. Put the granola mix into the tin and flatten. Cover with cling film and refrigerate for at least 20 minutes before serving, so that the mass can firm up.
8. Cut into squares before serving. These are best served cold and keep in the fridge for a week.

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