



Recipe Category / Snacks and Sandwiches

# Nuts and Orange Oat Bars

40 minutes

Hands on

9

Portion(s)

1

Difficulty



## Method

Photo credit: G. Drakopoulos - Food Styling: T. Webb

- Preheat oven to 180\* C (350\* F) Fan.
- Heat the margarine, sugar and honey in a medium pan over low heat. Stir with a wooden spoon until the ingredients dissolve. Remove from heat.
- Add the oats, nuts and orange zest. Stir to combine.
- Line a 20 cm square baking pan with moistened parchment paper. Brush parchment with oil and press to fit into baking pan.
- Spread mixture in baking pan evenly.
- Bake for 25 minutes.
- Remove from oven and set aside to cool.
- Remove from pan. Cut into pieces and sprinkle with extra grated orange zest.
- Serve.

## Ingredients

- 250 g margarine
- 100 g brown sugar
- 4 tablespoons honey
- 350 g oats
- 50 g mixed nuts, finely chopped
- grated zest of 2 oranges + extra for sprinkling

## Διατροφικός πίνακας

Nutrition information per portion

441 Calories (kcal)	26.0 Total Fat (g)	7.8 Saturated Fat (g)	44.0 Total Carbs (g)
22%	37%	39%	17%
19.0 Sugars (g)	6.3 Protein (g)	3.4 Fibre (g)	0.5 Sodium (g)
21%	13%	14%	8%