

## Date Bars

Makes 12

### Ingredients:

- 225g dried dates
- 100ml apple juice (may need more or less depending on how dried the dates are)
- 275g plain wholemeal flour
- 150g porridge oats
- 4 tablespoons sunflower seeds
- 175g reduced fat margarine
- 75g brown sugar
- 2 tablespoons golden syrup



**Equipment:** 18cm square cake tin, baking parchment, hand blender or food processor, saucepan, mixing bowl, spoon, tablespoon measure, cooling rack, knife.

**Method:** Pre-heat oven to 200°C / gas mark 6.

1. Grease and line the cake with baking parchment.
2. Place the dates and juice in a bowl and blend to a puree with a hand blender. Set aside.
3. Place the flour, oats and sunflower seeds in a mixing bowl and stir with a wooden spoon.
4. Place the margarine, sugar and golden syrup in a saucepan and melt over a low heat. Then pour into the mixing bowl and stir until evenly combined.
5. Press half the mixture into the bottom of the cake tin in an even layer, then spoon over the date puree, carefully spreading all over the oat mixture.
6. Press the remaining oat mixture over the top until the puree is covered.
7. Bake for 25/-30 minutes until golden on top.
8. Leave to cool slightly on the cooling rack (in the tin) approximately 5 minutes, and then mark into 12 squares with a sharp knife.
9. Leave to cool completely in the tin, before removing.
10. Store in a airtight container for 1 week.

**Total cost:** £2.80

**Cost per bar:** 24p

