



CREATE HEALTH

Health and Nutrition  
Coaching

# Granola Bars

Perfect for packed lunches or an on-the-go snack.

And - much healthier than shop-bought versions, at a fraction of the cost



50 mins



12 bars



£0.22p per portion

## Ingredients

- 100g unsalted butter
- 3 tbsp runny honey
- 100g light brown sugar
- 200g porridge oats\*
- 200g mixed seeds
- 100g raisins or dried fruit of choice
- 1tsp ground cinnamon
- Optional - chocolate chips

\*NOT instant oats

## Instructions

- Preheat the oven to 160C fan/180C/Gas Mark 4.
- Line a square baking tin or use a baking sheet (bars will be thinner)
- Gently melt butter, sugar and honey in a large pan
- Add in the oats, seeds, dried fruit, cinnamon and chocolate chips if using
- Tip into your lined tin, and press down and into the corners so it's level and even.
- Bake for 35-40 minutes until golden brown
- Allow to cool **completely** before slicing into bars



## Granola Bars – The Low Down

**This month we have gone with a sweet snack. So are they healthy?**

They are packed with oats, seeds and fruit which are all healthy ingredients, and there is no processed sugar – which makes these a healthier sweet snack and **WAY** better for you than any shop bought alternatives which are usually loaded with sugar as well as lots of ultra-processed ingredients. Oh, and these are much easier on the purse as well.

**Oats:** Great for balancing blood sugar, packed with fibre so great for gut-health, lower cholesterol, and have been found to reduce risk of heart disease.

**Seeds:** Seeds are little powerhouses of nutrients – generally, high in protein, omega-3, and fibre alongside other key vitamins and minerals. They aid digestion, reduce blood sugar and can lower risk of BP, heart disease and some cancers. Good choices would be chia seeds, pumpkin seeds, ground flax seed (so we can absorb the nutrients) and sesame seeds.

**Dried fruit:** Although high in natural sugars, dried fruit provides all the benefits of fresh fruit in terms of vitamins, minerals and fibre. Good choices here would be raisins, dried cranberries, chopped up dates, or even chopped dried mango.

## Good to Know

**A word of caution.** These are a nutrient-dense snack which means that alongside their health benefits, they are high in calories. So just be mindful of portion size when enjoying these.

These can be **crumbly** - don't slice until completely cool to minimise this, but if they do crumble use the crumbly bits to top yogurt for another healthy snack.