



Alström Syndrome UK
Strength for today, hope for the future

Stay Fit, Stay Healthy, Stay Happy

Hamzah's Fruity Breakfast Bars



**Preparation
Time
10 minutes**

**Cooking Time
20-25 minutes**

**Serves
8-10 bars**

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What will I need?

250g oats

125g coconut oil

75g honey

½ a chopped banana

50g cranberries

50g sultanas or raisins

What will I need to do?

1. Pre-heat the oven to 160 degrees C or 140 degrees C Fan or Gas Mark 3

2. In a pan, heat the honey and coconut together on a low heat.

3. In a bowl, combine the oats, banana, cranberries and sultanas or raisins.

4. Pour the melted honey and coconut oil into the oats and fruit,

then combine them all together.

5. Put the mixture into a small baking tray. Press the mixture down with the back of a spoon, spreading it thickly as it will eventually be cut into bars.

6. Cook in the pre-heated oven for 20-25 minutes.

7. Cut into bars while it's warm and eat when cold.

Top Tips

You can personalise this recipe by adding other fruits and nuts to your own preference.

The talking weighing scales are helpful. Just press the buttons and it tells you the weight (*pictured right*).

