



SARAH'S SNACKS

APRICOT, RAISIN AND SESAME BARS

- 125ml (1/2 cup) sunflower oil
- 185ml honey (3/4 cup)
- 350g (3 1/2 cups) organic rolled oats
- 30g (1/2 cup) shredded coconut
- 60g (1/2 cup) sesame seeds
- 100g dried apricots, chopped
- 1/2 cup raisins
- 1 tsp ground cinnamon

Directions:

Preheat oven to 130C, lightly oil and line the base of a 25cm x 35cm baking tin. Place oil, honey into a small saucepan over a low heat, stirring until the honey is dissolved and ingredients are combined.

Place all dry ingredients into a large mixing bowl, add honey mixture and stir until well combined. Using slightly wet hands, press mixture firmly into prepared tin and bake for 40 minutes or until golden brown. Set aside to cool completely before cutting into bars.

