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Fruity Squares

Ingredients

4 large apples
2 teaspoons of brown sugar
125g mixed dried fruit [raisins, sultanas and cranberries]
125g dried apricots
50g sunflower seeds
25g pumpkin seeds
25g sesame seeds
50g dark muscovado sugar
70g fine porridge oats
70g self-raising wholemeal flour
50g desiccated coconut
2 large eggs

Preparation

1. Peel and core the apples then chop them into small pieces. Cook the apple gently in a small saucepan with a little sugar and just a small splash of water. [I used some Cox apples that needed eating up so used very little sugar
2. you may need a little more if you use cooking apples, add to taste.] When the apple is soft and cooked, but not completely liquid, tip into a large bowl.
3. Preheat the oven to 200 degrees or 180 degrees fan oven.
4. Take a 30cm square baking tin, lightly grease it then line with baking parchment.
5. Chop the apricots finely and drop them into the bowl with the apple. Add the dried fruit, all of the seeds and the sugar and mix well together.
6. Next stir in the oats, flour and coconut.
7. Break the eggs into a small bowl and beat them, then add to the other ingredients and mix thoroughly. Spoon the mixture into the prepared tin, making sure that it is level. Bake for about 25 minutes, or until it is firm to the touch and beginning to brown at the edges.
8. When it comes out of the oven, score the top into 16 squares with a sharp knife then leave for 5-10 minutes to cool. Use the baking parchment to lift it out onto a board then cut into even squares.

Cooks Note

Nutritional fruity squares, packed with a variety of fruits and seeds, as well as oats and coconut, make a really good replacement for high sugar snacks, and they taste good too! They are quick to make and will keep well for several days in an airtight tin.

Try them in lunchboxes, for breakfast on the run, or take one to work as a snack to give you a quick energy boost.

Makes 16 squares.