

## COOKIE AND CRANBERRY OAT BARS

This is not your average oat bar. Packed with chunks of buttery Golden Oreo Cookies and vitamin C laden dried cranberries and dead easy to prepare. A simple and quick recipe that requires no baking and is perfect to make with the kids.

It's sure to be a hit when taken out on a picnic or day trip.



### INGREDIENTS

Makes 12 bars

200g Oats

8 Golden Oreo Cookies

125g dried cranberries

½ tsp salt

240g smooth peanut butter

170g date or maple syrup

### INSTRUCTIONS

1. Crush the cookies. Measure out the dried cranberries and chop, or put in a food processor, to make the pieces smaller.
2. Combine the measured oats, cookies, cranberries and salt.
3. Melt the peanut butter. To melt peanut butter, place in a microwave safe bowl, and heat for 20 seconds at a time, stirring after each time. (We did two rounds of 20 seconds and that was perfect. Time may vary depending on your microwave, so keep an eye on it – you don't want to burn the peanut butter!)
4. Pour the melted peanut butter and syrup over the dry ingredients and quickly mix well.
5. Press into a greased 20x20cm pan. It needs to be packed in tightly as air pockets will cause problems. Use a sturdy, flat-bottomed jar or glass to make sure the mixture is pressed down completely.
6. Put the mixture in the fridge for at least an hour, or as long as a day (if you can manage to keep the kids off it that long! 😊)
7. Cut them into 12 square bars and store in an airtight container for 3-4 days.