

OAT-BASED BARS AND COOKIES



No-bake granola bars – makes 18 -20 bars – make some smaller for younger children.

Ingredients



¼ cup (50 gr) butter or coconut oil ,
¼ cup (50 gr) caster sugar
1/8 cup (40 gr) set honey (opaque not clear)
1/8 cup (40gr) nut butter – e.g. peanut, cashew or almond
½ tsp cinnamon
2 cups (245 gr) plain granola*
1 cup (25 gr) puffed rice cereal
½ cup (70 gr) raisins
Oil spritzer to grease the tray
* Pulse 1 cup of the granola until broken down, but not powder

Equipment



Blender
One baking tray – approx. 24 cm square, or 30cm by 20cm
Large saucepan
Large mixing spoon
Baking parchment
Plates for serving – these can crumble as they warm up, so best served chilled on a plate

TIP – you can find recipes easily on line to make your own granola.

Method



Grease the baking tray.
Combine butter, sugar, honey, nut butter and cinnamon in the pan and heat gently until butter is melted. Bring to boil, turn down and heat until sugar is melted.
Remove from heat and add the rest of the ingredients and mix thoroughly.
Put the mixture into the baking tray. Push it down firmly with the back of a metal spoon, or put parchment over and push down with your hand.
Put in the fridge to set. Cut into different size pieces.

Home-Start Wandsworth

No-cook date balls – makes 8-or 12 balls depending on size.

Ingredients 	Equipment 	Method 
<p>100 gr moist pitted dates</p> <p>25gr rolled oats</p> <p>15gr desiccated coconut</p> <p>50ml boiling water</p> <p>2 tablespoons more desiccated coconut</p> <p>a few finely chopped pistachios or cashews if desired</p> <p>You can add a few chopped pistachio nuts/cashew at the same time as the coconut. These can also be found in the baking section of the supermarket.</p> <p>Do not use salted roasted pistachio nuts with their shells on, or roasted salted cashews found in the snacks section.</p>	<p>Scissors</p> <p>Bowl</p> <p>Large metal spoon</p> <p>Plate</p> <p>Knife and chopping board if adding nuts</p> <p>A piece of kitchen paper for sticky hands</p> <p>Sealable plastic container for storing in fridge or freezer</p>	<p>Wash your hands well.</p> <p>Chop the dates up small with the scissors. Put into the bowl. Add the oats. Boil a kettle, then measure 50mls of the boiling water and pour into the bowl.</p> <p>Mix with a spoon squashing the dates as much as you can. Add 15 grams of coconut, mix again with a spoon. Add pistachios/cashews if using.</p> <p>Put the extra coconut on a plate.</p> <p>Using your hands, squeeze the mixture a few times and then divide it into about six pieces, rolling each, one by one, into a ball in your hands and put the ball on the plate.</p> <p>Roll it in the coconut until there is enough coconut on to stop it being too sticky. You can flatten the ball slightly with the palm of your hand to make a fat disc. Repeat with each ball.</p>

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Oat and Raisin cookies – makes 24-30 cookies

Ingredients		Equipment		Method	
<p>150 ml sunflower oil</p> <p>200 gr caster sugar</p> <p>1 large egg</p> <p>3 tbsp milk</p> <p>1tsp ground ginger</p> <p>1 tsp vanilla extract</p> <p>140 gr plain flour</p> <p>½ tsp bicarbonate of soda</p> <p>300 gr porridge oats</p> <p>90 gr raisins or sultanas.</p>		<p>Large bowl</p> <p>Mixing spoon</p> <p>2 large baking sheets</p> <p>Baking parchment</p> <p>Knife</p> <p>Large spoon</p>		<p>Turn on the oven to 180 C, 360F or Gas Mark 4</p> <p>In the bowl, mix the oil and sugar.</p> <p>Gradually beat in the egg, milk, ginger and vanilla extract until smooth.</p> <p>Stir in the flour, sprinkle the bicarb of soda over the mixture, add the oats and raisins and mix all together.</p> <p>Line the baking trays with parchment</p> <p>Using a table spoon and knife, drop roughly equal portions spaced slightly apart onto the baking trays. Do not squash them down.</p> <p>Bake for 15 minutes until golden.</p> <p>Leave to cool on the trays for 5 minutes, then transfer to a wire rack to cool completely.</p>	

Banana Flapjack - Makes 12 to 16 squares

Ingredients		Equipment		Method	
<p>3 ripe or overripe bananas, roughly mashed</p> <p>50g butter or spread, (check the spread can be used for baking – light spreads often cannot)</p> <p>50g / 2 tablespoons honey (or golden syrup)</p> <p>1 and 1/2 teaspoons cinnamon</p> <p>250g rolled oats</p> <p>90g sultanas – roughly chopped</p>		<p>Fork</p> <p>Flat plate</p> <p>Rectangular baking tray – 20x 30cm, or a round cake tin, greased.</p> <p>Medium/large saucepan</p> <p>Tablespoon</p> <p>Sharp knife</p>		<p>Preheat the oven to 200 C /400F gas mark 6.</p> <p>Put the butter or spread and the honey or syrup in a large saucepan and heat over a gentle heat until melted. Take off the heat.</p> <p>Add all the other ingredients and mix together well.</p> <p>Pour into the baking tray and use the back of a wet tablespoon to press the banana mixture down evenly across the tray.</p> <p>Bake for 15 - 20 minutes until golden brown but not dark.</p> <p>Cool in the tray then cut in squares</p>	

These recipes were prepared for Home-Start Wandsworth cookery activities and are intended for use by those who have seen the recipes demonstrated.