



On Camp with **Kelly**

AVIVA

Energy Bars



Ainsley says...

"I've called these energy bars because energy is exactly what they will give you – packed with vitamins, minerals, such as zinc and iron, essential fatty acids, fibre and carbohydrates. They are also very tasty and will be a great hit with all the family."

Makes 12 bars

100g ready-to-eat dried apricots, chopped
150ml orange juice
50g butter (for a lower fat version use 30g butter and 20g low fat polyunsaturated spread)
75g runny honey
150g Demerara sugar
175g porridge oats
50g sultanas
75g pecan nuts (for a lower fat version use 25g nuts and 50g dried cranberries)
25g sesame seeds
50g mixed pumpkin and sunflower seeds

Preheat the oven to 190C/375F/Gas mark 5. Line the base and sides of a 13 x 25cm (5 x 10in) baking tin with non-stick parchment paper.

Place the apricots and orange juice in a large pan, then bring to the boil and simmer gently uncovered for 20 minutes or until the apricots have softened. Use a hand blender to blend to a thick smooth puree.

Add the butter, honey and sugar to the apricot puree and cook over a low heat for 5 minutes until the sugar has dissolved, stirring occasionally. Fold in the porridge oats, sultanas, pecan nuts (or nuts and cranberries), sesame seeds with the pumpkin and sunflower seeds.

Spoon the mixture into the prepared tin and smooth into the sides with a spatula. Bake for 15 minutes until cooked through and lightly golden. Remove from the oven and leave to cool completely in the tin. Once cold, remove from the tin and carefully peel off the parchment paper. Cut into squares and store in an airtight container until needed.

Nutrition information

| Energy Bars | | | RDA | |
|-------------------------|--------------------------|----------|---------|--------|
| | Per serve (serves 12) | Per 100g | Male | Female |
| Kcal | 260 | 342 | | |
| Protein (g) | 4.2 | 5.5 | | |
| Carbohydrates (g) | 37.0 | 48.8 | | |
| Fat (g) | 11.6 | 15.3 | | |
| Saturated fat (g) | 3.0 | 4.0 | | |
| Monounsaturated fat (g) | 4.6 | 6.0 | | |
| Polyunsaturated fat (g) | 3.1 | 4.0 | | |
| Calcium (mg) | 47.9 | 63.2 | 700 | 700 |
| Magnesium (mg) | 66.4 | 87.6 | 300 | 270 |
| Iron (mg) | 8.2 | 10.9 | 8.7 | 14.8mg |
| Zinc (mg) | 1.4 | 1.9 | 5.5-9.5 | 4-7 |
| Vitamin C (mg) | 4.9 | 6.5 | 40 | 40 |

To reduce the fat but maintain the nutrient content, use just 25g pecan nuts, add 50g dried cranberries and reduce the butter to 30g and use a low fat polyunsaturated spread

| Energy Bars | | | RDA | |
|-------------------------|--------------------------|----------|---------|--------|
| | Per serve (serves 12) | Per 100g | Male | Female |
| Kcal | 219 | 295 | | |
| Protein (g) | 3.8 | 5.1 | | |
| Carbohydrates (g) | 36.9 | 49.7 | | |
| Fat (g) | 7.3 | 9.9 | | |
| Saturated fat (g) | 1.1 | 1.4 | | |
| Monounsaturated fat (g) | 2.6 | 3.5 | | |
| Polyunsaturated fat (g) | 3.1 | 4.1 | | |
| Calcium (mg) | 45.3 | 61.0 | 700 | 700 |
| Magnesium (mg) | 61.2 | 82.5 | 300 | 270 |
| Iron (mg) | 8.2 | 11.0 | 8.7 | 14.8mg |
| Zinc (mg) | 1.2 | 1.7 | 5.5-9.5 | 4-7 |
| Vitamin C (mg) | 5.4 | 7.3 | 40 | 40 |