

Breakfast Bars

Makes 12 or 16

1 x 397g can light condensed milk
250g porridge oats
100g dried coconut
100g dried cranberries or cherries
250g dried fruit & nut mix (or equivalent)

- Preheat oven to 150°C
- Warm light condensed milk in a pan
- Fold all dried materials into warmed milk
- Spread mixture into a 23 x 33 x 4 cm baking tin lined with baking parchment
- Bake in oven for 45 minutes to 1 hour, until lightly browned
- Allow to cool before removing from tin
- Cut into 12/16 bars, and enjoy!



Alternative additions– if you are on a budget, there are loads of different fruit mixes out there! Something like a trail mix is quite expensive, so you can instead go for cheaper mixes, like (unsalted!!) peanuts and raisins, for example. You can make them to your taste! If you prefer them nuttier, add more nuts, if you like them to be fruitier, add more fruit-you know the drill!