

Nicola Morgan's **BRAIN BARS**

A healthy snack full of ingredients selected to fuel your brain. Linseeds, nuts and seeds are excellent sources of omega oils, while cranberries and blueberries are also very nutritious. Best of all, it's delicious!



Ingredients:

- 250g whole oats (jumbo or porridge oats)
- 200g dried fruit. Eg: 120g raisins/currants, 40g chopped apricots and 40g cranberries/blueberries
- 150g seeds and chopped/flaked nuts. Eg: a mix of any of these that you like: flaked almonds, sunflower seeds, pumpkin seeds, chopped hazelnuts, and toasted coconut flakes. Include linseeds if possible.
- 1 ripe banana, 1 apple and 1 pear, all whizzed in a blender. (Or 2 bananas and 1 apple or pear)
- Few drops lemon essence or the juice and zest of one lemon
- 70g butter and approx 4-5 dessertspoons golden syrup (or agave nectar or runny honey)

What to do:

1. Melt butter and syrup in a pan; pour onto all the other ingredients in large bowl. Mix with metal spoon.
2. Line a baking tray with baking parchment and tip the mixture in. Press down as firmly as possible (otherwise it may end up too crumbly – but still delicious!)
3. Bake in oven at 170Fan (190 non-fan; Gas 5) for about 35mins or until toasty golden.
4. Leave for around 20mins before marking into slices, but then leave to cool completely before cutting it properly.

Enjoy! 😊

For more details about fuelling your brain, see www.nicolamorgan.com

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