



Homemade Maple Breakfast Bars with Cranberries and Hazelnuts

Kid Friendly 20-25 Minutes • Veggie

9A

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Hazelnuts



Dried Cranberries



Chocolate Chip
Cookie Mix



Instant Oats



Maple Syrup

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Cake tin, baking paper, rolling pin and bowl.

Ingredients

Ingredients	Quantity
Hazelnuts 2)	75g
Dried Cranberries	60g
Chocolate Chip Cookie Mix 7) 8) 11) 13)	1 pack
Instant Oats 13)	120g
Maple Syrup	4 sachets

Pantry	Quantity
Water*	30ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per 100g
for uncooked ingredient	100g
Energy (kJ/kcal)	1687 /403
Fat (g)	17.4
Sat. Fat (g)	4.5
Carbohydrate (g)	53.5
Sugars (g)	31.5
Protein (g)	7.0
Salt (g)	0.40

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts **7)** Milk **8)** Egg **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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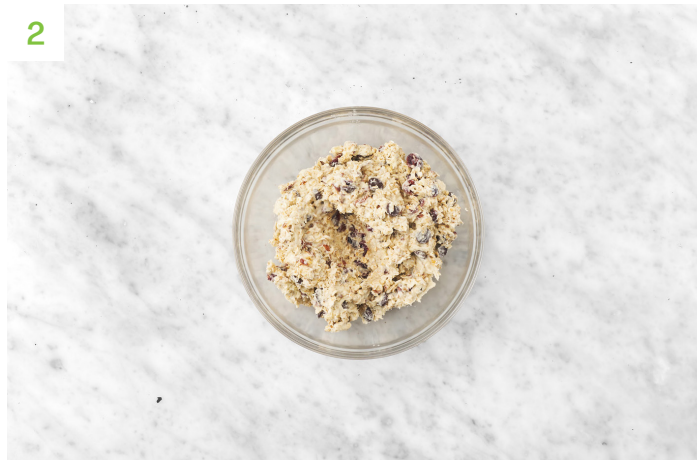
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Prep the Hazelnuts

- Preheat your oven to 190°/170° fan/gas mark 5.
- Line an 8"/20cm square cake tin.
- Roughly crush the **hazelnuts** in the unopened sachet using a rolling pin.

Mix, Mix, Mix!

- In a large bowl, combine the **hazelnuts, cranberries, cookie mix, oats** and **maple syrup**.
- Add **30ml water**, then mix to combine fully.

Time to Bake

- Pop the **mixture** into your lined tin and gently press to the edges.
- Bake on the middle shelf until crisp and lightly golden, 20-22 mins.
- Once baked, cool in the tin completely before cutting into 8-10 bars.

Enjoy!