

Farrington Oils Pear & Dark Chocolate Granola Bars

Ingredients

Product	Quantity
Peeled and diced pears (1-2 pears)	150.00 g
Date Nectar	120.00 ml
Farrington Oils Mellow Yellow Rapeseed Oil	100.00 ml
1tsp Vanilla Extract	5.90 g
1/2tsp Ground Cinnamon	3.00 g
1/4tsp Salt	1.50 g
Flaked Almonds	50.00 g
Oats	150.00 g
Spelt Wholemeal Flour	200.00 g
Apricot Conserve	5.00 g
Dark Chocolate Chunks	50.00 g

Serves: 10

Allergy Information

Key: Contains May Contain

Contains Cereal	May Contain Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Contains Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Contains Soya	Does Not Contain Molluscs	Does Not Contain SO2

Nuts:		Cereals:	
Almond Nuts:	Yes	Wheat:	May
Hazelnuts:	May	Rye:	No
Walnuts:	May	Spelt:	Yes
Cashew Nuts:	May	Oats:	Yes
Pecan Nuts:	May	Barley:	May
Brazil Nuts:	May	Kamut:	No
Pistachio Nuts:	May		

Dietary Information

Key: Suitable for

Suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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Label Information

Ingredients

Spelt Wholemeal Flour 200g (24%) (wholemeal **SPELT WHEAT**). Peeled and diced pears (1-2 pears) 150g (18%). **Oats** 150g (18%) (100% Wholegrain **OATFLAKES**). Date Nectar 120ml (14%). Farrington Oils Mellow Yellow Rapeseed Oil 100ml (12%). Flaked **Almonds** 50g (6%) (**Almonds (NUTS)**). Dark Chocolate Chunks 50g (6%) (Sugar, Cocoa Mass, Cocoa Butter, Vegetable Oils (blend pf palm, sal, shea, and mango kernels), **SOYA** Lecithin (GM Free)). 1tsp Vanilla Extract (1%) (Invert Sugar Syrup, Glucose Syrup, Water, Vanilla Extract.). Apricot Conserve (1%) (Apricots, Sugar, Acidity Regulator: Citric Acid). 1/2tsp Ground Cinnamon (0%) (Cinnamon). 1/4tsp Salt (0%).

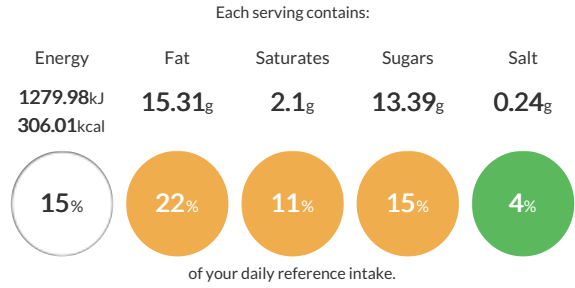
Method & Recipe Notes

- Preheat your oven to 180°C/170°C fan. Line a 24cm square tin.
- In a pan, gently heat your oil and date nectar until gently simmering then remove from heat.
- Add the vanilla extract and mix.
- In a large mixing bowl, add your oats, wholemeal spelt flour, cinnamon, flaked almonds and salt and mix.
- Pour in the oil and date nectar mix. Stir everything together.
- Press two thirds of your mixture into your lined baking tin.
- Spread a thin layer of apricot conserve on top.
- Sprinkle with the pear chunks and the chocolate chunks.
- Top with the remaining mixture and sprinkle a handful of flaked almonds on top.
- Gently press everything down again.
- Bake for 25 minutes.
- Leave to cool before cutting.

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Reference Intake



Nutritional Summary

Energy	1279.98kJ 306.01kCal
Protein	5.93g
Carbohydrates	35.03g
of which sugars	13.39g
Non Milk Extrinsic Sugars	0g
Fat	15.31g
of which saturates	2.1g
Fibre	3.73g
Salt	0.24g
Sodium	0.06g
Iron	0.17mg
Calcium	13.15mg
Zinc	0.18mg
Folate	3.32µg
Vitamin A	0.22µg
Vitamin C	0.47mg