



# Cranberry Muesli Bars

Here's another lovely "healthier treat" recipe sent to us by Beverley Glock (The Times Kids Cookery Expert and f www.splatcooking.net)

**Serves** : makes 12-16 slices

**Ready In** : 30 minutes or less

## Ingredients

- 100g olive oil spread (**or butter**)
- 120g Sweet Freedom Dark
- 250g sugar free muesli
- 50g oats
- 300g fresh cranberries, chopped in a food processor or 100g dried cranberries

## Instructions

- Pre-heat the oven to 180C / gas mark 5.
- Melt the butter or spread in a saucepan, add the Sweet Freedom Dark and mix together.
- Add the muesli, oats and cranberries and mix well.
- Grease and line a non-stick shallow cake tin with baking parchment.
- Pour in the muesli mixture and spread evenly in the tin.
- Bake for 15-20 minutes until golden.
- Mark into 12-16 pieces and leave to cool completely before trying to remove from the tin.

***\*If you are using fresh cranberries the bars will fall apart very easily if still slightly warm. They are better the next day as they take a while to firm up but are delicious!***