


Cereal Bake Cakes

7th February 2025



Homemade Fruit Cereal Bars Recipe



Equipment:

- high-edged baking pan or tray (around 20 x 20cm)
- aluminium foil
- microwave safe bowl (large)
- spoon
- whisk
- spatula
- freezer
- ziplock bags or cling film
- oven gloves

Ingredients:

- 60g unsalted butter
- 65g light brown sugar
- 85g honey
- 300g oats
- 25g rice cereal
- 165g dried fruit of your choice
- $\frac{1}{4}$ tsp salt

Instructions:

- 1 Line your baking pan or tray with aluminium foil and spray with cooking spray. Keep this set aside until later.
- 2 Tip the oats onto a chopping board and lightly chop them with a knife so that they're not quite as chunky. You could also use a food processor to pulse them briefly two or three times for a similar effect. Once the oats are a bit smaller and finer, put them aside for later.
- 3 Add the butter, honey and brown sugar to a microwave safe bowl.
- 4 You will need oven gloves for the next step to protect your hands.
- 5 Heat on high power for 60 seconds, then whisk. Repeat this process of microwaving the mix for 60 seconds and whisking two or three more times, until the mixture is bubbling - if it's not bubbling, return it to the microwave again for 30 seconds.

