

Fruit and oat bites

Snack tember

Ingredients

100g canned mandarins, in juice
1 egg
60g sultanas
50g porridge oats
150g reduced-fat natural yogurt
1 x 5ml spoon ground cinnamon

Equipment

Weighing scales, measuring spoons, sieve or colander, chopping board, sharp knife, mixing bowl, mixing spoon, muffin tray, 2 x spoons, cooling rack.

Makes 6



Nutrition

One fruit and oat bite:

A 61g serving contains

Energy	Fat	Saturates	Sugars	Salt
403kJ 96kcal 5%	1.7g 2%	0.5g 3%	10g 11%	0.08g 1%

of an adult's reference intake

1.7g of fibre per serving

Method

1. Pre-heat the oven to 200°C/fan 180°C or gas mark 6.
2. Drain the mandarins.
3. Chop the mandarins into small pieces and add them to the mixing bowl.
4. Add the rest of the ingredients to the mixing bowl and stir thoroughly.
5. Spoon the mixture equally into the muffin tray.
6. Place in the oven and bake for 20-25 minutes until golden.
7. Remove from the oven and allow to cool for 5 minutes.
8. Use a spoon to loosen the bites from the muffin tray and transfer them onto a cooling rack.

Snack tip

The fruit and oat bites can be frozen and defrosted as needed. They defrost at room temperature in about 2 hours. Great to take with you straight from the freezer in the morning, and enjoy at breaktime!

Why not double the recipe so you have some extras?