

Energy bars

This is a **Fairtrade** adaptation of a recipe by *Roger Corder* in *The Wine Diet*, a book packed with valuable health and nutritional information.

Traidcraft **Fairtrade** nuts and fruit in a brownie format and sharpened up with fresh oranges to make top notch snacks, breakfast bars, or walking food.

Ingredients for 16 to 25 bars.

Ingredients

- 2 organic **FAIRTRADE** oranges
- 50 g self-raising whole-wheat flour
- 75 g soya flour
- 5 g ground **FAIRTRADE** cinnamon
- 100 g Traidcraft **FAIRTRADE** dates
- 100 g organic dried figs
- 50 g **Fair Trade** cashew nuts
- 100 g Traidcraft **FAIRTRADE** walnuts
- 100 g Traidcraft **FAIRTRADE** Brazil nuts
- 15 ml Zaytoun **FAIRTRADE** olive oil
- 2 hens eggs
- 100 g Suma organic dried cranberries

Beat the eggs for a few seconds and then add in the oil and orange juice and combine.

Pour the liquid into the flours and mix well.

Add the zest, the blitzed nuts, the chopped fruit and the cranberries, and stir until everything is thoroughly mixed.

Spoon the mixture into the lined tin and flatten it out.

Cooking

Bake for 45 minutes.

Assembly

Slice into bars in the tin whilst hot, and then allow to cool completely.

Store the bars in an airtight container, in the fridge.

Method:

Preparation

Pre-heat the oven to Gas Mark 4.

Line a 20 cm square baking tin with non-stick baking parchment.

Zest and juice the oranges (you should get about 120 ml juice), discarding pith and pips.

Mix the flours and spices in a mixing bowl.

Cut the dried fruit into pea sized pieces.

Blitz the nuts in a food processor for a few seconds, aiming at pieces the size of sunflower seeds.

Notes

For more Fairtrade replace the figs with Traidcraft Fairtrade raisins or sultanas.

For a juicier bar use 150 g fresh or frozen cranberries in place of the dried cranberries.