

Chocolate Chip Cranberry and Pepita Protein Bar



Food and Nutrition Facts

At **gather.** by Cater Care, our menu planning philosophy is guided by the Australian Dietary Guidelines, and focuses on creating balanced menus that provide the essential nutrition required by students, especially adequate energy, protein, calcium, iron and iron absorption which are essential to support their healthy growth, development and concentration.

We love to create appealing dishes that deliver on these nutrition commitments and an example of this is our nut free, chocolate chip, cranberry and pepita protein bar, ideal for morning or afternoon tea or an after sport snack.

The protein bar is packed full of energy and fibre due to its combination of rolled oats, pepitas, shredded coconut and dried cranberries. Dried cranberries are also rich in vitamin C which is a powerful antioxidant and supports iron absorption. Rolled oats also offer an excellent source of unrefined wholegrains providing energy that is slowly released and long lasting.

Ingredients

- Canola Spray Oil - As Required
- Baking Paper - As Required
- 300gm Plain Flour - sieve.
- 175gm Rolled Oats
- 200gm Brown Sugar
- 95gm Shredded Coconut
- 80gm Dried Cranberries
- 4gm Bi-Carbonate of Soda
- 45ml Boiling Water
- 215gm Unsalted Butter - cut into 2cm dice.
- 25gm Golden Syrup
- 55gm Honey
- 100gm Dark Chocolate Chips
- 25gm Pepitas

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Method

1. Preheat an oven to a moderate temperature - 160°C.
2. Lightly oil and line with baking paper the base and sides of a 22cm by 22cm by 6cm baking tray.
3. In a mixing bowl, add the flour, oats, brown sugar, coconut and dried cranberries, mix to combine, and set to one side.
4. In a second mixing bowl, add the bicarbonate of soda and water, mix to combine, and set to one side.
5. Over a low heat, in a saucepan, add the butter, golden syrup and honey. Cook for 5 minutes, stirring regularly or until the butter has melted and the ingredients are combined, and remove from the heat.
6. Add the bicarbonate of soda mixture to the butter mixture, mix to combine. Set to one side and allow to cool for 10 minutes.
7. Add the butter mixture to the flour mixture, mix to combine.
8. Add and gently fold through the chocolate chips.
9. Evenly place the mixture into the baking tray to a depth of 3cm and press it down firmly with the back of a mixing spoon, so that it is evenly packed. Then evenly top the slice with the pepitas, using the back of a clean spoon, gently push the pepitas into the top of the slice. Place the baking tray into the oven and bake for 25 minutes or until the slice is a light golden brown colour. Remove the tray from the oven and set it to one side to cool to room temperature

To Serve

Before serving, remove the slice from the baking tray, then remove the baking paper and cut it into 10 even rectangles, approximately 8cm by 3.5cm in size.

For further information on **gather**. By Cater Care, please visit gather.catercare.com.au or Contact **David O'Brien** on **0424 190 566** or david.obrien@catercare.com.au.

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