

# Travelling Tea Ladies

## Grow-Cook-Eat recipes

### Redcurrant Almond Crumble bars

#### Ingredients:

(makes about 9 slices)

200g Porridge oats  
100g ground almonds  
80g flaked almonds (*or you could use a mix of sunflower seeds & pumpkin seeds instead*)  
Pinch of salt  
100ml rapeseed oil (*or any light tasting vegetable oil*)  
5 table spoon runny honey  
2 teaspoons vanilla essence  
1 egg  
150g red currants (*or a mix of blackcurrants & redcurrants*)



#### Utensils:

Weighing scales  
Large mixing bowl  
Measuring spoons  
Wooden spoon ( or spatula)  
Balloon whisk (or fork will do)  
Rectangular baking pan

#### Method:

Preheat oven to 180°c  
Grease bottom and sides of rectangular pan and line with baking paper,

Grease parchment.

Combine oats, almonds ( or seeds), ground almonds and salt in medium mixing bowl and stir to evenly distribute.

In a separate bowl ( or jug) whisk together the oil, honey, vanilla and egg. Pour into dry mixture and stir to evenly coat and combine.

Add currants and stir to evenly distribute. Scrape into prepared pan, spread evenly and press with spatula to pack down.

Bake for 35 minutes

Allow to cool to room temperature in pan, and then cut into bars.

Can be served still warm with a dollop of Greek yoghurt for pudding or kept in the fridge and eaten as a healthy snack