

Sesame, pepita and almond bars

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Sesame, pepita and almond bars

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This healthy lunchbox snack is high in protein and high in fibre.

Vary the amount of honey according to your taste: more honey makes a chewier bar and less honey makes a crispier one. Recipe inspired by Dimitra Mihelakos from the Peloponnese.

Ingredients (makes about 16 snack bars)

- 2 cups (300 g) sesame seeds
- 1/3 cup (100 g) pepitas
- 1/3 cup (100 g) almonds
- 1 cup (250 ml) honey
- 1 tsp cinnamon

METHOD

Cut two lengths of greaseproof paper and lay them out on a bench.

Combine sesame seeds, pepitas and almonds and toast in a heavy-based saucepan over low heat for five minutes or until sesame seeds start to turn golden brown.

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Meanwhile, in another saucepan, heat honey until boiling lightly. Pour hot honey over seed and nut mixture and, stirring vigorously with a wooden spoon to prevent the seeds and nuts from burning, cook until the mixture starts to clump together. (Take care not to overcook the seeds and nuts or they will dry out and burn and have a bitter taste.) Place mixture on one sheet of greaseproof paper, cover with the other sheet and roll out flat using a rolling pin.

Remove the top sheet of paper and allow to cool slightly. Cut into squares or rectangles using a sharp knife while still warm. If mixture cools too much it will be difficult to cut.

Recipe from *The Mediterranean Diet* by Dr Catherine Itsiopoulos, \$34.99

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