

## **Coffee and Cranberry Breakfast Bar**

This is a baked breakfast bar with a more 'cakey' texture. Lovely with a cup of tea in the morning. This will fill you up and provide you with slow releasing energy to help you avoid that mid-morning snack attack.



You'll need;

- 500ml natural yogurt
- 1 tablespoon of good quality instant coffee
- 1 tsp vanilla extract
- 1 ½ cup oats
- ½ cup flour – I used spelt but regular self raising flour is fine if you don't have any
- 1 tsp ground cinnamon
- ½ cup almonds, chopped
- ½ cup dried cranberries
- 1 tbsp. honey or maple syrup
- 2 tablespoons desiccated coconut

Preheat your oven to 170°C and line a shallow baking tray with some baking paper

In a bowl, mix together the yogurt, coffee, honey and vanilla. Mix until the coffee is smooth and the yogurt has taken on a coffee colouring. Add the oats, cinnamon and flour. Mix well then stir in the almonds and cranberries.

Pour the mixture into your baking tray and sprinkle over the coconut.

Bake for 20mins. Be sure to let these cool fully before you cut them up. Store in an airtight container in the fridge.