

Equipment

Measuring cups and spoons

Scale

Mixing bowls

Baking tray—lined

Ingredients

2 cups rolled oats

1/4 cup sultanas

1/4 cup currants

1/4 cup cranberries

1/4 cup choc chips

1 tsp jam

1/2 cup apple sauce

Title

Healthy Dried Fruit Bites

Method Pre heat oven 180C

1. Throw it all into a bowl and mix well.
2. Roll into small balls. They need to be squeezed very tight.
3. Bake for 10 minutes or until golden brown

For a healthier option replace the choc chips with more dried fruit.

