

American Pistachios

SPORTS BAR



Yield: 24 pieces

Ingredients:

- 215 g pistachios
- 70 g dried banana chips
- 40 g cornflakes
- 60 g dried pears
- 45 g dried apricots
- 115 g honey
- 50 g brown sugar
- 80 g crisp oat flakes

Instructions:

Chop the pistachios coarsely and banana chips finely. Partly crush the cornflakes. Cut the pears and apricots into small cubes.

Heat the honey and sugar over a double boiler until the honey and sugar are well combined. Mix in the pistachios, banana chips, cornflakes, pears, apricots and oat flakes. Spread the mixture in a square dish lined with baking paper (24 cm x 24 cm), approximately 1.25 cm deep, and press well into dish. (Alternatively, the bars can also be formed individually and then placed on a baking tray lined with baking paper.)

Bake the mix in a pre-heated oven at 170°C for about 10 to 15 minutes. Cut into bars of approximately 3.8 cm x 5 cm and leave to cool on a tray.

Per Piece: Calories: 120, Protein: 2.3 g, Fat: 5.7 g, Carbohydrate: 14.8 g

For more recipes using delicious and nutritious American pistachios visit AmericanPistachios.co.uk

This recipe is written for use by health professionals, with nutritionists and dietitians in mind and it is not intended for consumers.

 **AMERICAN**
PISTACHIO GROWERS