

# ENERGY KICK TRAIL BARS

MIX:



- 100g ROLLED OATS
- 25g RICE KRISPIES
- 125g CHOPPED DRIED FRUIT
- 90g DESICCATED COCONUT
- 4 CRUSHED WEETABIX

MELT:



- 175g BROWN SUGAR
- 6tbsp HONEY
- 6tbsp GOLDEN SYRUP
- 200g BUTTER
- HEAT FOR 5 MINS

COMBINE

PRESS INTO A LINED TIN, LEAVE TO COOL, THEN CUT INTO BARS

JBH BRAIME