

Fruit and Seed Bar

50g dried apple or apricots
100g Self Raising Flour
60g shredded coconut
80g coconut sugar
75g sunflower seeds
75g pepita seeds
60g inca berries or sultanas or cranberries
110g milk
50g plain yoghurt
1 egg

Preheat oven to 160° and line a square or loaf tin.

Place apples to the bowl and chop on **Speed 6 for 5 seconds**. Add flour, coconut, sugar, seeds and berries and mix on **Reverse Speed 2 for 5 seconds**.

Add milk, yoghurt and egg and mix on **Reverse Speed 2 for 20 seconds**. Pour into prepared tin, sprinkle some extra pepita seeds on top if desired.

Bake for 25 minutes.