

CINNAMON BERRY GRANOLA BARS

Preheat the oven to 180°C. Mix oats, seeds and nuts and spread in an even layer in a baking pan. Toast in the oven for 5 to 10 minutes. Heat butter, honey and sugar in a medium pot, stirring until the butter has melted. Add the toasted oat mix, cinnamon and dried berries, and mix until well coated.

Turn the oven temperature down to 160°C and line a baking pan with baking paper. Lightly press the mixture into the baking pan and bake for 30 minutes. Leave to cool in the pan, then cut into 12 bars.

Makes 12

200 g rolled oats
100 g sunflower seeds
50 g sesame seeds
50 g walnuts, chopped
100 g butter
45 ml honey
100 g brown sugar
5 ml ground cinnamon
100 g dried cranberries or other dried berries, or a mix

CRANBERRY AND PISTACHIO BISCOTTI

Preheat the oven to 160°C and line a loaf pan with baking paper. In the bowl of a stand mixer fitted with a paddle attachment, cream together butter and castor sugar. Add egg and mix until incorporated. Add flour and baking powder, and mix until just combined. Mix in pistachio nuts and cranberries. Turn the dough out onto a lightly floured work surface and roll into a log about 8 cm wide. Place in the loaf pan and bake for 30 to 35 minutes or until golden brown. Take out of the oven and allow to cool for 5 minutes. Turn the oven temperature down to 100°C. Cut biscotti into slices and arrange them in a baking tray; dry out in the oven for 45 minutes. Ensure they do not start to colour. Allow to cool and store in an airtight container.

Makes about 17

20 g butter
100 g castor sugar
1 egg
135 g cake wheat flour
2,5 ml baking powder
50 g pistachio nuts, shelled, toasted and roughly chopped
50 g dried cranberries, roughly chopped

RASPBERRY SLICE

Lightly grease a 12 cm x 12 cm square cake pan and line it with baking paper. Preheat the oven to 180°C. Sift flour, baking powder and salt into a bowl; set aside. Cream butter and sugar until light and fluffy. Add yoghurt and mix well. Add eggs one at a time until well incorporated. Stir in lemon juice, zest and vanilla.

Mix in the flour mixture and oats, alternating with milk. Beat well after each addition until everything is incorporated. Gently fold in raspberries, then pour the batter into the prepared cake pan. Sprinkle oats and brown sugar on top. Bake for 25 to 30 minutes.

Remove from the oven and allow to set and cool for 10 minutes before unmoulding. Leave to cool completely. Cut the cake into 8 to 12 uniform slices and dust with icing sugar.

Makes 8-12

120 g cake wheat flour
5 ml baking powder
pinch of salt
80 g butter, softened
80 g sugar
30 g yoghurt
2 eggs
15 ml lemon juice
5 ml lemon zest
5 ml vanilla extract
50 g rolled oats, plus extra for topping
60 ml fresh milk
120 g fresh raspberries
brown sugar, for topping
icing sugar, for dusting

