THE LIGHTER PLATE METHOD

Apricot, Peanut & Sunflower Seed Bars

No-bake bars that come together in a food processor — good for a lunchbox or a mid-afternoon lift.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**0 min**	**15 min**	**15**	**EASY**

Ingredients

- 150 g dried apricots
- 80 g roasted peanuts
- 50 g sunflower seeds
- 40 g pitted prunes

Method

1. Blitz all the ingredients together in a food processor for about 2 minutes, until it forms a sticky, dense mixture.
2. Tip onto a board and press out evenly with the back of a spoon.
3. Cut into 15 small squares.
4. Wrap individually in baking paper or cling film if you're taking these on the go.

Tips & swaps

- Swap the dried fruit and nuts for whatever you have — the sticky prunes are what hold everything together.

Storage & reheating

Keeps for 3 days at room temperature, 2 weeks in the fridge, or 6 weeks frozen.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
90	**3g**	**9g**	**5g**	**2g**

Estimated values, for guidance only. Contains: Peanuts.