

Breakfast Raisin Bars

This is a recipe I have had and used for years – credit goes to Weight Watchers UK Ltd, they printed this recipe in a magazine – probably more than 12 years ago, but it still works every time. This is brilliant for those people who “**don’t do breakfast**”. I make them, cut and individually freeze them and when you are on the go, or have no time for breakfast they are perfect. Full of soluble fibre from the oats, calcium from the milk and dried fruit, you have all the components of a breakfast but without the fat, sugar and calories in many commercial bars, plus no spoon required!

For the bars

45g polyunsaturated margarine
1 tablespoon soft brown sugar
1 medium egg, beaten
1 teaspoon vanilla extract
180g porridge oats
120g skimmed milk powder
1 teaspoon baking powder
284ml skimmed milk
240g raisins

Preheat oven to 180°C/350°F/Gas Mark 4.

Grease a 9”x7” (23 x 17 cm) or 8” (20 cm) square baking tin with a little of the margarine. Alternatively, line with baking parchment.

Cream the margarine and sugar together – add the egg and vanilla essence.

Mix together the oats, milk powder and baking powder. Add to creamed mixture followed by the milk and raisins.

Pour into the tin and bake for 20-25 minutes until golden brown.

Turn out and cut into 8-10 pieces.

Can be wrapped in foil and frozen.