

MACADAMIA GRANOLA BARS

Ingredients:

1 cup cranberries/raisins

Half a slab dark chocolate, broken into pieces (optional)

1/3 cup chopped nuts of choice

2 cups macadamia flour

1/3 cup of honey or coconut sugar

3 eggs

1/3 cup chopped dates

1 tablespoon butter

Method:

Roll into lunch bar sized sausages

Bake at 180 degrees C until golden brown