



Bake a Difference



Photo credit: Anna Sale

Vegan Apricot Granola Traybake (Gluten free)

Take a group of friends, add tea and coffee, fold in these yummy baked goods and a layer of fundraising, and mix well. That's your show-stopping recipe to help fund groundbreaking research and life saving support for people living with muscle-wasting conditions.

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Vegan Apricot Granola Traybake (Gluten free)



Ingredients

- 190g dried apricots chopped
- 160g cups almonds, roughly chopped
- 35g flaxseeds
- 30g unsweetened shredded coconut
- 20g puffed grain (spelt, rice and millet also work well)
- 170g cup honey or agave syrup
- 125g unsalted creamy almond butter
- 1/2 teaspoon salt
- pinch or two of ground cinnamon
- 1 teaspoon vanilla extract

Method

1. Roughly chop the apricots and almonds and leave to one side.
2. Pour the honey and almond butter into a large saucepan and melt together over a low heat, add the salt and vanilla extract.
3. Add the chopped apricots, almonds, flaxseeds, coconut and puffed grain of your choice to the saucepan and stir until all the dry ingredients are coated completely.
4. Pour the mixture into a baking tin that you have lined with greaseproof paper and press down into all the corners.
5. Put the tray into the freezer for 45 minutes for the mixture to set.
6. After 45 minutes remove the tray and use the greaseproof paper to take the set mixture out of the tray.
7. Cut into slices and serve! These can be stored in the fridge if you need to make them ahead of time.

Be the secret ingredient that turns an ordinary tea party into one that changes lives.
www.muscular dystrophyuk.org/bake-a-difference