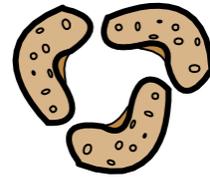


Breakfast bars



50 g mixed
dried fruit



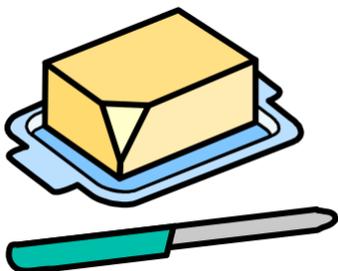
50g mixed
seeds



140g oats



25g hoop
cereal



100g butter



100g golden
syrup