

Chocolate Marbled Energy Bars

These little bars were originally invented to provide High-energy snack food for footballers or other sport enthusiasts doing hard training.

150g (5oz) dark chocolate (75% cocoa solids), broken into small pieces

150g (5oz) luxury Belgian white chocolate, broken into small pieces.

1 x 100g pack pecan nuts.

110g (4oz) ready-to-eat dried apricots.

150g (5oz) organic porridge oats.

25g (1oz) Rice Krispies.

25g (1oz) Bran Flakes, lightly crushed

75g (3oz) raisins

1 teaspoon molasses syrup

150ml (5fl oz) whole condensed milk.

You will also need a non-stick oblong baking tin 15 x 25.5cm (6 x 10in) and 2.5cm (1in) deep

Preheat the oven to 180°C, 350°F, gas mark 4

- Begin by toasting the pecan nuts on a baking sheet on the top shelf of the oven for 7 minutes, then chop roughly.
 - Chop apricots to same size as nuts.
 - In a large bowl mix together the oats, Rice Krispies, Bran Flakes, apricots, pecans and raisins.
 - In a small saucepan, heat the molasses syrup and condensed milk until warm and thoroughly blended, and then pour over mixture, mix well together with wooden spoon.
 - Tip mixture into baking tin, press down evenly & bake in the centre of the oven for about 25 minutes or until golden ,
 - After that leave it to get quite cold.
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- Melt the white and dark chocolate separately in heatproof bowls set over pans of simmering water. (make sure the bowls don't touch the water)
 - When mixture has cooled loosen edges with palette knife and turn out upside down on a board.
 - Using a tablespoon, put spoonfuls of the plain all over the top of the cereal cake, leaving space in between. Then do the same with the white chocolate, this time filling the gaps.
 - Take a small palette knife and, using a zigzag motion, swirl the two chocolates together to give a marbled effect.
 - Lift the board and gently tap it down on the work surface to create a smooth finish.
 - Chill it and then cut into around 16 bars.
 - ENJOY