**Blackcurrant Seeded Bars**

[**www.Samskitchen.net**](http://www.Samskitchen.net) **♥**

Ingredients

100g blackcurrants, washed and dried

150g soft brown sugar

150g butter

225g porridge oats

100g mixed seeds (I used pumpkin, sunflower and sesame)

75g plain flour

25g flaked almonds, broken up a little

2 tbsp golden syrup

Lightly greased 18 cm (7”) square cake tin, I used one with a loose bottom which made removal easy.

Preheat oven to 200°C 180°C Fan GM6

1. In a large mixing bowl place the oats, seeds, almonds and flour, stir.

2. Place the butter, soft brown sugar and golden syrup in a large saucepan over a low heat. Stir through, ensuring all the butter has melted. Remove from the heat.

3. Add the dry mixture in to the melted one and stir well to combine. Stir through the blackcurrants, this way they won’t get too squashed before baking. Transfer the mixture to the prepared tin and push down with the back of a metal spoon to give an even coverage.

4. Bake for 35-40 minutes until a lovely golden colour on top. Allow to cool in the tin. Remove and slice. Makes 15 decent sized bars.