

Raspberry, Orange and Kiron Dark Chocolate Cereal Bars**Ingredients:**

Speedicook Cut Oatflakes	0.200Kg
Harvest Home Crisp Rice	0.120Kg
Salt	Pinch
Paradise Fruits Orange	0.070Kg
Paradise Fruits Raspberry	0.070Kg
Ballyrashane Unsalted	0.080Kg
Butter	
Golden Syrup	0.100Kg
Light Brown Sugar	0.050Kg
Kiron Dark Drops	0.200Kg
Freeze Dried Raspberries	0.005Kg

**Method:**

1. Preheat the oven to 180°C (160°C fan oven)
2. Spread the oats evenly on a baking tray and bake in the oven for 8-10 minutes until lightly golden, allow to cool
3. In a large bowl combine the oats, crisp rice, salt and both orange and raspberry fruit pieces
4. In a small saucepan melt together the butter, golden syrup and brown sugar over a medium heat. Stir until it bubbles gently then simmer for 2-3 minutes
5. Pour the syrup into the oat-cereal and fruit mix, stir until everything is evenly coated
6. Spoon the mixture into rectangular silicone moulds and press down firmly with the back of a spoon
7. Place in the fridge and chill for at least 1-2 hours
8. Melt the Kiron drops in the microwave in 30 second intervals and mix between each interval
9. Dip the cereal bars into the melted Kiron and set aside
10. Once the Kiron has set on one side turn the cereal bar over and drizzle more of the Kiron on top and sprinkle freeze dried raspberries on top