

TASTE WITHOUT WASTE

Fig Crumble Bars

Makes approximately 21 6x4cm bars

Ingredients

½ cup raisins
½ cup currants
½ cup dried figs, quartered
Juice and finely grated zest of one orange
2/3 cup water, divided
2 cups rolled oats
2/3 cup wholemeal flour
Pinch salt
¼ tsp cinnamon, plus an extra pinch for sprinkling on top
1/8 tsp nutmeg
1/8 tsp ground cloves
90g chilled unsalted butter, cut into small pieces
1 ½ tbsp brown sugar
2 tbsp shredded coconut
Heaped ¼ cup walnuts
2 tbsp maple syrup

Method

Preheat oven to 180C. Grease and line a 28x18cm (or similar size) baking tray, ensuring that the baking paper comes well over the edges (you will want something to grip when removing the slice from the tin).

Tip the raisins, currants, figs, orange juice and zest and 1/3 cup of the water into a small saucepan. Stir well, cover and bring to the boil. Simmer for eight minutes, stirring occasionally then remove from heat and leave to cool in the pot on a wire rack, until just warm (about 15 minutes). Stir once or twice whilst cooling as this will allow more steam to escape and thus speed up the process.

Meanwhile, put the oats, flour, salt and spices in a food presser and briefly pulse 6-8 times to break up the oats just a tad and combine the ingredients. Add the butter and brown sugar and pulse for about 30 seconds or until the mixture takes on the appearance of coarse meal. Add the remaining 1/3 cup water and process for a further 30 seconds or until the mixture starts to come together in small clumps. Do not over mix – texture is good!

Firmly press two cups of the mixture in an even layer on the bottom of the prepared pan. Transfer the remaining mixture to a bowl and use your fingers to mix through the coconut.

Place the cooked fruit (juices and all) and walnuts in the food processor and pulse for 20 to 40 seconds to puree the fruit and grind up the nuts a little. You should now have a grainy paste (you don't want to completely puree the nuts). Spread evenly over the oat base and sprinkle the remaining oat mixture over the top. Dust with extra cinnamon and drizzle with maple syrup – drizzle one tablespoon in lines horizontally and the other tablespoon vertically to ensure maximum coverage.

Bake for about 25 minutes or until the top is slightly crunchy in texture and golden brown.

Leave to cool in pan on a wire rack for at least half an hour then cut into bars with a sharp knife.

Source: Inspired by [Wholefood's Market](#).

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