



GRANOLA BARS

SNACK | PREP 5MINS | COOK 30MINS | SERVES 6

INGREDIENTS

Olive oil
1/4 cup almonds, roughly chopped
1 cup rolled oats
1 Tbsp pumpkin seeds
1/4 cup runny honey
6 Tbsp smooth peanut butter
10 pitted dates
3 Tbsp flaxseeds
1 tsp ground cinnamon
1 pinch sea salt
1/4 cup dried cranberries
1/4 cup dried apricots or sultanas

*Nutritional analysis based on 1 serve

DIRECTIONS

Preheat the oven to 180°C. Grease a baking dish with olive oil.

Add the almonds, oats and seeds to the baking tray and spread to an even layer. Bake for 12 mins, or until golden, stirring halfway through.

Heat the honey and peanut butter in a pan over a low heat then place into a blender with 1/2 cup of warm water. Blend to make a paste consistency, leave to cool.

Transfer the toasted oat mixture to a large bowl with the flaxseed, cinnamon, and salt. Roughly chop and stir in the dried fruit, then mix in the honey mixture until well combined.

Spoon it into a prepared baking dish and press flat.

Bake for 15 mins, or until golden and set. Leave to cool slightly, turn out onto a board and cut into squares.

Set aside to cool completely and store in an airtight container.

Energy 1268kJ | Protein 7.3g | Carbohydrates 36.2g | Fat 13.1g