

Super seed energy bars



100g oats (use gluten free if preferred)
120g peanut, almond or cashew butter
50g pitted Medjool dates
30g coconut oil, melted
50g pumpkin seeds, sunflower seeds
or mixed seeds
30g flaxseed
15g chia seeds
30g almonds or walnuts, chopped
½ tsp ground cinnamon (optional)

MAKES 12 BARS

Preheat oven to 150°C/300°F. Line the base of a 15x15 cm baking tin with baking paper.

Pour the oats onto a large baking tray and spread evenly. Bake for 15 minutes.

Place the dates, coconut oil and nut butter into a blender or food processor and blend into a paste.

Transfer to a large bowl.

Add the oats and remaining ingredients and stir well. Add a drop of cold water if the mixture is too dry.

Transfer the mixture to the baking tin. Press down firmly into the tin.

Refrigerate for 1 hour or until firm. Cut into 12 bars.

Store the bars in an airtight container and refrigerate for up to 3 days.



PER BAR:
184 Calories
13g Carbs
6g Protein
12g Fat



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