

QUICK ENERGY MUESLI BARS

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these bars are good for those mid-morning slumps or as a snack at afternoon tea



Prep Time
10m



Cook Time
30m

Ingredients

½ cup cooking oats

1 cup shredded coconut

1 tsp vanilla paste

½ tsp salt

½ tsp ground cinnamon

½ cup chopped dried apricots

½ cup dried sultanas

2 tbsp peanut butter*

300 g dark cooking chocolate

½ cup raw honey

1. Preheat oven to 160°C and line a 20 x 30 cm baking tray with baking paper.
2. Mix first 7 ingredients in a large bowl (to dried sultanas).
3. Place peanut butter, chocolate and honey in a heavy-based saucepan over a low heat. Stir until melted together.
4. Pour chocolate mix over the dry mix and work quickly to combine. Press into baking tray and put in oven for 30 minutes.
5. Remove from oven and allow to cool completely (finishing in the fridge) before cutting into bars.

* May be substituted for tahini paste