

Nut and Seed Power Bars (Copy)

Have you ever made nut and seed bars that are so good you just can't stop eating them? Yeah, these are those bars. They're so simple and quick to make, yet oh so satisfying.. and with their heart healthy mixture of seeds, oats and almonds, they're like little nutritional powerhouses too. They're the perfect grab-and-go bar to satisfy any 'snack attack'.

🕒 Preparation 10 minutes ⌚ Total 1 hour and 10 minutes 🍽️ 16 portions

Ingredients

or	or
185 grams of rolled oats	1/2 teaspoon of salt
or	or
75 grams of almonds, chopped	230mls of maple syrup
or	or
60 grams of pumpkin seeds	6 medjool dates, chopped
or	or
60 grams of sunflower seeds	2 tablespoons of coconut oil
or	
2 tablespoons of flaxseeds	

Cooking method

- 1
Preheat oven to 180oC (Gas Mark 4). Line an 8 inch (20cm) square baking pan with baking paper.
- 2
In a large bowl, stir together the oats, chopped almonds, seeds and salt. Set aside.
- 3
In a small saucepan, combine the maple syrup and chopped dates. place the pan on the stove and bring to a boil over a medium-high heat. Reduce the heat and simmer gently for about 10 minutes until the dates have softened and the syrup has thickened slightly.
- 4
Remove the dates from the heat and mix in the coconut oil, then mash the dates with a fork. Add the date syrup to the oat mixture and stir well until combined. Transfer the mixture into the baking pan and firmly press into the base.
- 5
Place the pan into the oven and bake until firm and browned, around 45-50 minutes.
- 6
Remove the pan from the oven and set aside for 10 minute, then remove the bars from the pan, place on a wire rack and set aside to cool completely.
- 7
Once, cooled, cut into bars, place in an airtight container and store at room temperature for up to 5 days.