




HOMEMADE CINNAMON SUPER NUT BARS (COPY)

Delicious homemade cinnamon nut bars that save £££'s compared to store bought ones and it's made using all natural ingredients.

 5 minutes
 25 minutes
 20.6 bars

INGREDIENTS

- 62.5 grams of cashew nuts, kernel only, plain
- 62.5 grams of nuts, almonds
- 62.5 grams of nuts, pecans
- 1 teaspoon of cinnamon, ground (3 g)
- 1/2 level teaspoon of salt (3 g)
- 125 grams of honey
- 30 grams of seeds, flaxseed
- 62.5 grams of sunflower seeds
- 62.5 grams of pumpkin seeds
- 62.5 grams of walnuts, kernel only

COOKING METHOD

- 1° Roughly chop all the nuts and mix in a bowl.
- 2° Add the honey and mix until all thoroughly coated.
- 3° Bake at 350F for approximately 20 minutes but don't allow the honey to burn.
- 4° Remove and cool on a wire rack then cool in a freezer to firm up.
- 5° Slice into 20 portions and take as a tasty snack as a great source of healthy fats.

NUTRITIONAL INFORMATION

	PER 100 g	PER BAR (26 g)	% DRI
ENERGY	526 kcal	137 kcal	7 %
FAT	41 g	11 g	16 %
FATTY ACIDS, TOTAL SATURATED	5 g	1 g	6 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	193 mg	50 mg	2 %
CARBOHYDRATE	30 g	8 g	3 %
SUGARS	20 g	5 g	—
FIBER	4 g	1 g	5 %
PROTEIN	14 g	4 g	—