



CHUNKY MONKEY BREAKFAST BARS

Easy to make, fibre rich, breakfast bars.. what's not to love?

 30 minutes

 9 portions

INGREDIENTS

- 310 grams of rolled oats
- 130 grams of smooth almond butter **or** 130 grams of smooth peanut butter
- 45 grams of maple syrup
- 2 tsps of ground cinnamon [5 g]
- 1 tsp of vanilla extract [4 g]
- 1 tsp of ground nutmeg [2 g]
- 30 grams of dark chocolate chips or chunks **or** 30 grams of milk chocolate chips or chunks

COOKING METHOD

- 1° Pre-heat oven to 180C [Gas Mark 4]
- 2° Mix all ingredients together
- 3° Place in a 9 by 9inch baking pan lined with parchment paper and press down to even out
- 4° Bake for 20-25 minutes
- 5° Allow to cool slightly, then remove from pan, cut into 9 portions and fully cool on a wire rack before storing in an airtight container

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [59 g]	% DRI
ENERGY	434 kcal	254 kcal	13 %
PROTEIN	12 g	7 g	14 %
CARBOHYDRATE	56 g	33 g	13 %
SUGARS	10 g	6 g	7 %
FAT	20 g	12 g	17 %
FATTY ACIDS, TOTAL SATURATED	4 g	2 g	12 %
FIBER	7 g	4 g	17 %
SODIUM	48 mg	28 mg	1 %