

# Oat & Seed Bars

**Makes:** 14 Bars

## Ingredients

180g Porridge Oats  
150g of Mixed Seeds- Sunflower, Pumpkin, Sesame etc (1 Cup)  
1 Teaspoon of Baking Powder  
75g of Coconut Sugar (1/2 Cup) or Xylitol  
2 Tablespoons of Water  
1 Teaspoon of Vanilla Extract  
2 Tablespoon of Nut Butter (eg. Smooth peanut butter)  
75ml of Melted Coconut Oil



## Instructions

Preheat the oven to 180°C.

Add the oats to your food processor and blend on high until you have a fine flour. Add it to a large bowl with all of the seeds and the baking powder and mix well.

Add the coconut sugar, water, nut butter and vanilla to a small saucepan on medium heat and heat it until the coconut sugar has dissolved and you have smooth mixture.

Pour the sweet mixture into the dry ingredients, along with the melted coconut oil. Mix well.

Line a baking tray with parchment paper. Press down mixture into the tray, place a sheet of parchment paper over the top and roll flat with a rolling pin until it's approx. 1cm height. Remove the top layer of paper and bake at 180°C for about 15 minutes until golden. Remove from oven and Slice into 14 bars and set aside to cool and crisp on a wire rack.

## Nutrition information:

Per Bar:

Kcal 178  
Sat Fat 5g  
Carbs 13g  
Protein 5.5g