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Fresh lunchbox ideas

GRANOLA BARS RECIPE



the source
BULK FOODS

GRANOLA BARS

NUT FREE

200g rolled oats
40g desiccated coconut
40g pumpkin seeds
30g linseeds
30g sunflower seeds
20g chia seeds
50g dried apricots, finely chopped
40g dried cranberries
30g goji berries
120g rice malt syrup
90g brown sugar (or coconut sugar)
coconut oil, or oil of choice for greasing

METHOD

Lightly grease and line a 17 x 27cm slice pan.

In a large bowl, add the oats, coconut, pumpkin seeds, linseeds, sunflower seeds, chia seeds, dried apricots and cranberries. Mix well to combine.

Place rice malt syrup and brown sugar in a small saucepan over medium heat stirring continuously until the sugar has dissolved. Bring to the boil then remove from heat.

Add syrup mixture to the oat mixture. Mix well to combine.

Add mixture to the prepared slice pan and press firmly to create an even layer.

Bake 25-30 minutes, or until the oats are golden.

Remove from the oven. To prevent the goji berries from burning, they are added to the slice after baking, while the mix is still soft. Sprinkle with goji berries and then use the bottom of a cup to press in toppings. Caution, do not touch the slice as it will be very hot.

Allow to cool in pan for 30 minutes. The slice will still be warm, remove from pan and cut into slices while the granola is still soft.

Allow the bars to cool completely then store in an airtight container.

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