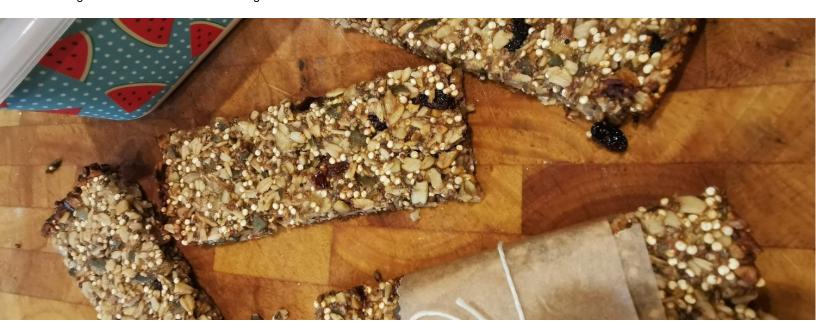
No-Bake Oat Chia Muesli Bars

9 ingredients · 15 minutes · 12 servings



Directions

- 1. Grease an 18cm x 28cm slice pan and line the base with baking paper.
- 2. Combine all dry ingredients in a large bowl.
- Melt honey and coconut oil in a small saucepan over medium heat. Bring to the boil and cook until light golden (around 3 mins). Remove from the heat and add vanilla if using.
- 4. Pour mixture over the dry ingredients and mix well.
- 5. Press into prepared pan and place in fridge to set.
- 6. Cut into squares or rectangular bars.

Ingredients

1 1/2 cups Oats (Whole Rolled Oats, not quick oats)

1/2 cup Dried Unsweetened Cranberries

1/2 cup Pumpkin Seeds (Pepitas)

1/4 cup Sunflower Seeds

2 tbsps Chia Seeds

1/4 cup Raw Honey

1/3 cup Coconut Oil

1 tsp Cinnamon

1 tsp Vanilla Extract (optional)

Nutrition		Amount per serving	
Calories	180	Iron	2mg
Fat	11g	Vitamin D	0IU
Carbs	19g	Folate	10µg
Fiber	3g	Vitamin B12	0µg
Sugar	9g	Magnesium	24mg
Protein	3g	Zinc	1mg
Calcium	24mg	Selenium	5µg

