

# 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.
3. 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

<b>Calories</b>	180	Iron	2mg
<b>Fat</b>	11g	Vitamin D	0IU
<b>Carbs</b>	19g	Folate	10µg
Fiber	3g	Vitamin B12	0µg
Sugar	9g	Magnesium	24mg
<b>Protein</b>	3g	Zinc	1mg
Calcium	24mg	Selenium	5µg